ARRIVAL
* It’s recommended to bring your own yoga mat, however, we have studio mats you can borrow until you purchase your own.
* Leave shoes only in the hallway.
* Bring bags, jackets and all other belongings into the Mysore room and store in cubbies.
* Silence cell phones.

HYGIENE
* Shower before Mysore class.
* Do not eat before. Practice is better on an empty stomach.
* Do not wear any essential oils, perfumes or other fragrances.
* Keep your yoga clothes, rug and mat clean on a regular basis.
* Bring clean hand towel each day.

IN MYSORE ROOM
* Stick to the traditional Ashtanga sequence as is currently being taught in Mysore, India in the tradition of Shri K. Pattabhi Jois.
* Refrain from adding postures or sequences unless instructed by teacher.
* Maintain silence in class as this is a meditative practice.
* No water during practice but plenty afterwards.

POST PRACTICE
* If you are new you will be given an Ashtanga cheat sheet to for your review before or after but not during class.

REST
* There will be no practice on Saturday’s and on New and Full Moon days. Take these opportunities for rest and a weekly oil bath.

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In the Yoga Sutras, Patanjali gives the classical definition of yoga as defined by the 8 limbs:

1. Yama (moral restraints) - how we relate to others
2. Niyama (observances) - how we relate to ourselves
3. Asana (posture) - how we relate to our body
4. Pranayama (breath extension) - how we relate to our breath or spirit
5. Pratyahara (sensory withdrawal) - how we relate to our sense organs
6. Dharana (concentration) - how we relate to our mind
7. Dhyana (meditation) - moving beyond the mind
8. Samadhi (meditative absorption) - deep realization and inner union