

## Mysore Austin Shala Etiquette

Dear Students,

We are so pleased to have you as part of the Mysore Austin Community. We want you and our out of town visitors to enjoy a safe, clean and respectful practice space. Ashtanga Yoga is a traditional method with specific guidelines passed down to protect the integrity of the practice, safety of the student and sanctity of the student-student-teacher relationship.

- Mysore practice is offered Monday-Friday (Johanna St) and Mon/Wed/Fri (Yoga East Austin) as scheduled on the website. Please arrive before 7:45 (or earlier) so that you can finish before close of class without rushing.
- Sunday's Led Primary which is offered at the Yoga East Austin location is an integral part of the Ashtanga Yoga method as taught in Mysore, we ask all members to please attend the offered led class each week, if you have conflicts please speak to the Mysore Austin director. It's also a fun time for our community to practice as one.
- Please follow the traditional Ashtanga method as taught by R.Sharath Jois — do not add, skip or deviate from the sequence unless acknowledged or requested by your teacher. If you do not know the sequence or if following the traditional method is not possible for you, talk to your teacher.
- All new students who normally practice beyond primary series, please practice the primary series until further advised. This is a good time for the Mysore Austin Instructors to get to know you and for you to safely integrate into the new space.
- Please respect the student-teacher relationship, practicing under the guidance of your teacher and not asking for new asanas but waiting until they are given to you.
- Ashtanga is a progressive, hopefully life-long practice that is safe and most beneficial when practiced daily. New students may begin with fewer classes as agreed upon by your teacher but all students should plan on practicing no less than three days a week. If you regularly cannot attend classes please discuss with the director.
- Please stay on your own mat and refrain from assisting other practitioners.
- Please leave your belongings at the door and mobile phones turned off. Please leave all screen devices (smart watches, phones, etc.) in the foyer
- Please refrain from unnecessary talking.
- Personal hygiene is an integral part of the practicing. Ashtanga Yoga is more than exercise so please ensure that you and your gear are clean before you enter the shala. Please bathe in the morning before entering the shala. We are in a small, warm space, clean sweat has less of a pungent odor.

- Refrain from wearing perfumes, lotions, and and other scents.
- Smoking before practice carries a strong odor into the shala and is offensive to your community. Please do not smoke before entering the shala.
- Please do not come to practice under the influence of alcohol or any other mind altering substances — it is unsafe for practice.
- Refrain from eating at least 2 hours prior to and 30 minutes after your practice. Drink plenty of water after practice. Please do not bring any water or beverages of any kind into the practice room unless you have a medical condition and have permission from the director.
- Please show up with a clean yoga mat and a ‘teacher’s towel’ (a small sized towel that is meant for the teacher to use during or after adjustments, this is not for you to wipe your sweat, your sweat cools your body, try to refrain from wiping it off during practice).
- Be sure to wash and dry yoga clothes in between uses.
- Clean yoga mats regularly and replace when necessary. Storing mats and yoga rugs unrolled, or leaving them out in the sun are also good ways to eliminate bacteria and reduce smells.

Thank you,  
Mysore Austin