

Beginners 6 Week Intro to Mysore Course \$300

Monday, Wednesday, Friday 6-7:30 pm

July 15 - August 23

Curriculum: This class is intended to prepare students to have a daily yoga practice by removing common barriers to starting a mysore program. In a small group setting, students receive near 1-on-1 instruction to suit the practice to their current abilities. Formatted as an approachable, 3-days-a-week evening class this course will cover:

- ● Practice: starting the Primary Series
- ● History of Ashtanga Yoga
- ● The 8 limbs
- ● Opening and Closing Invocation
- ● Alignment and technique
- ● Self-care through practice

Each day will include a short discussion and **guided practice**. We start with a little and add more as students gain proficiency. The student will begin to memorize the primary sequence, learn proper breathing technique and *drishtior* gazing point. This creates a moving meditation and begins to re-train the nervous system. The body becomes stronger and more flexible.

Who is this class for?

- ● You have little to no experience with Ashtanga Yoga
- ● Evening classes are easier for you to start
- ● You are looking for individual support in a small-group setting
- ● You are looking for an authentic style of yoga rooted in lineage
- ● You find a traditional mysore program intimidating
- ● You value community and accountability

Course Teacher

Ellie has been practicing Ashtanga yoga for nearly a decade and has recently returned from her second trip to Mysore, India practicing at Sharath Yoga Centre. She is an assisting teacher at Mysore Austin and apprentices under director Andrew Bresnen, SYC Authorized Level II.

Takeways:

After completing this class, students will have a foundational portion of the primary series memorized.

Students who complete this course with regular attendance (*12/18 classes*) receive:

One **FREE MONTH** at Mysore Austin

Qualify to register as an ongoing student