

What is Mysore Style?

Although it can be daunting at first, Mysore gives us a way to practice yoga in a group setting, but with all the benefits of a private class. Mysore is the traditional way of practicing Ashtanga Yoga. It offers a highly personalised approach, without the price tag of one-to-one classes. You can enjoy and be inspired by the energy of the group whilst also working on your own practice.

Mysore classes usually block out a good 1-2 hour time slot on studio timetables. Most people read this in shock, wondering how anyone could practice yoga for three whole hours. But Mysore practice is different. You can drop in at any time during the practice and leave when you like. This could be just half an hour, or even up to one hour and 45 minutes. It stands as a great way for yogis of all levels to come together to work on their practices in the same space.

New students will be taught the sun salutations and the first few postures of the standing sequence. More experienced yogis come in and just get on with it. The teachers role here is to assist, prompt, and to help the student deepen each pose.

Adjustments are a huge part of this practice. Experienced teachers will use their hands to guide the body deeper into each pose. As the teacher is free from having to speak and instruct a flow, they are able to direct their energy entirely to the person they are assisting. Practicing in this way allows you to achieve new levels of physical postures, awareness, and attention to the body breath connections.

Practicing Mysore gives you space to focus. The movement and breathing is entirely yours, coming from your own cues, rather than the teachers instructions. This means you can take your time, moving at your own pace, and working methodically through any spots of tightness or tension. The room is held together through strong ujjayi breathing, so although the students may be at different points in their practice, they are joined through the medium of breath.

In Mysore, without the talking of the teacher to occupy their attention, students are required to face many internal challenges. You are in charge of your own breath, body and mind. Essentially, you become your own teacher. Taking this step sets the stage for exponential growth in your yoga practice. Yoga is intended to be a meditation in motion, and in Mysore, it is just that.

Eight Spiritual Practices of Ashtanga Yoga

Yama (moral codes)

Niyama (discipline)

Asana (proper yogic posture)

Pranayama (control of breath or yogic breathing)

Pratyahara (control of sense)

Dharana (focus or concentration)

Dhyana (meditation)

Samadhi (salvation)

Ashtanga Yoga Benefits

This style of yoga is about connecting the breath with movements, and helps with self-healing. Practicing Ashtanga yoga rejuvenates you and balances your body mind and soul. So here are some Ashtang benefits.

Physical Strength- Ashtanga yoga focuses on physical strength and muscle training. Ashtanga not only makes your mind calm and soul peaceful, it also works on body strength. Practicing this style of yoga makes your body toned, strong, and controlled. It also helps in weight management, increases flexibility, works on core strength, and builds stamina and endurance.

Mental Healing- We all know that yoga is not only about physical fitness, it also works on your mind and soul. Practicing Ashtanga will benefit you with various mental issues like stress, tension, etc. It opens your mind, allows you to apprehend knowledge and is great for mental rejuvenation. Ashtanga also helps people who are suffering from any issue that involves the brain. For example, people suffer from lower back issues due to tension or headaches due to stress.

Spiritual Well Being- As mentioned above, Ashtanga also works on spiritual healing. Ashtanga promotes openness of the soul, it is a great way to get connected with your inner-self. It will help you fall in love again and also give you a better understanding of the self. Practicing Ashtanga also brings positivity in and around you, and you will also start feeling energetic and happy. Ashtanga benefits are endless, it is meant to awaken our spiritual self.

Emotional Benefits- Emotional benefits consist of controlling and balancing one's emotions. It is said that most of the sufferings are caused by emotions. For Example, a heartbreak and sad emotions can lead to mental illness or sometimes it will greatly affect your body. A balance between emotions and feeling is needed, Ashtanga helps you with it.

Other Benefits- Ashtanga yoga comes with a lot of other benefits. It helps you to lead a happy, healthy, and fruitful life. Ashtanga Yoga also benefits your intellect. It opens the mind, makes your IQ strong, builds confidence, helps to interact with people, etc., to name a few.

Ashtanga is happiness, inner peace, discipline, learning, devotion, consciousness and letting go. So practice this style to earn them all.