

## INTRODUCTORY CLASS \_

Foundations of ashtanga vinyasa yoga: the Sun Salutations connecting breathing, movement, alignment and meditation, upon which the classical series of postures is based.

Anyone new to the ashtanga method should begin with this class, which yet will challenge the experienced practitioner with deeper levels of insight.

This class builds up one's strength and breathing capacity in order to prevent injury and to prepare for the next level. The intro course happens during the scheduled Mysore classes.

## PRIMARY SERIES CLASS \_

Here we try to experience the flow of the vinyasa, movement connected with (and originated by) breath. After singing the beginning mantra we start with the Suryanamaskars and continue in the classical way, with the standing postures, the sitting ones, the back bendings, the inverted positions to finish with a short meditation and Savasana.

These classes are for those who have already been introduced to this type of yoga and have developed confidence with the breathing system, having acquired sufficient strength and flexibility to begin and proceed with the traditional series.

## SELF PRACTICE CLASS (Mysore style)

It's the Indian way to practice, and the only way to learn the system from Pattabhi Jois, at the Astanga Yoga Research Institute of Mysore, India.

Everyone works independently in the same space at their own breathing rhythm and level of experience, amount of postures and length of the series.

The teacher assists one by one, instructing about new postures, helping remember and enter the more difficult positions.

For anyone who wish to develop in and with his own practice. Through repetition of the series the mind calms down and the body learns trust and surrender.

