

Traditional Ashtanga Practice

(Mysore style)

Tuesdays, 9-11am & Thursdays 9-11am, 5-7:00pm

Saturdays, 7-9am (Sat. start Oct. 1)

(part of our regular weekly class schedule)

\$100 for 10 Mysore classes...or regular class cards or \$15 drop-in fee applies



Learn yoga the traditional way...

In our Ashtanga Mysore classes, the classroom is set up so that students at all levels of practice...from beginner to experience can practice together, each moving at their own pace and working on the postures and sequence appropriate to them as an individual. There is a very special energy of focus and lightness created in the room during the Mysore class. Being able to “go at your own pace”, have a practice that fits you specifically and your own needs, receiving individual attention and help is all priceless. One of the most important aspects of this experience is the benefit of eventually committing the sequence of postures to memory...so no matter where you are, you will have this powerful and healing practice “with you” , for the rest of your life!

During the class you will be guided by the teacher to learn the healing Ashtanga sequence, along with the breath, assists, and any modifications that will help you move forward safely in your yoga practice. The class covers a span of two hours...you may come in at the start or anytime thereafter...you just need to be done by the end of the class period. The benefit of this is that you can tailor the practice on any given class day to your schedule and needs....either a longer or shorter practice...whatever works for you.

Why we love it...

“I love mysore because it is not a “one-size-fits-all” class. I can really tune into my own practice, and it can evolve in an appropriate way, because I am going at my own pace. It truly is a class for you because it is so individualized that it matches the needs of all students, whether you are a beginner or an advanced practitioner.” Deb-G.

“The Mysore classes help me, as a beginner, to accept where I am now in my practice and to move me further at my own pace. Also, it gives me the opportunity not only to learn the practice, but to internalize it as well.” Mary T.

“Mysore class has helped me to make my yoga practice my own. You can learn a lot from a led class, but it does not give you the freedom to practice at your own pace as Mysore does while still gaining the benefits of personal attention. Ashtanga Mysore allows me to fit in the full practice or a modified practice if that’s all the time I have for that day. I can also personalize the pace to what I need for that day. If I have trouble or questions on a certain asana, Mysore is the perfect opportunity to ask that question.” Erica L.

Sun Dog Yoga Studio

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