



Sri K. Pattabhi Jois, the Father of Ashtanga Yoga

Mysore

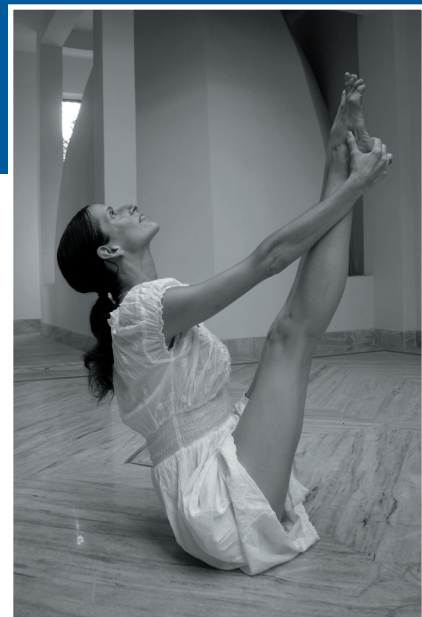
with Lisa Schrempp & Scott Turpin

Mondays thru Fridays, 6am-7:45am

Please arrive early enough to complete your practice by 7:45am

Mysore classes are conducted in the traditional teaching style of Sri K Pattabhi Jois, the father of Ashtanga Yoga. Practitioners are asked to practice daily excepting weekends, new and full moon and, for women the first three days of the menstrual cycle. Practitioners are taught individually in a group setting, with the level of difficulty primarily depending on the individual student's ability to learn, digest and assimilate the instruction of the asanas.

Mysore teachers assist each student as they progress to continue to discover a deeper understanding of the asana practice and assists them as they progress through the appropriate Ashtanga series. The first series, referred to as *Yoga Chikitsa*, works to reorganize and purify the body's systems.



**Monthly Cost: \$100, or 3 times weekly for \$80
Drop-ins for \$10**

Drop-in classes are only for students who already have an established ashtanga practice but cannot commit to 3-to-5 early, weekly practice sessions

If you are considering beginning a Mysore-style practice but are unsure as to whether or not this style would be appropriate for you please contact Lisa Schrempp via the studio at info@yogaflowtucson.com or 520.321.YOGA (9642)



Located inside Tucson's Creative Dance Center
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