

NADICAL ASHTANGA PROGRAM

FAQs FOR CURIOUS YOGIS

1. What is Ashtanga?

"Ashtanga" is a Sanskrit word for "eight limbs. In the Yoga Sutras, an ancient text on yoga, these "limbs" should be mastered in order to become better versions of ourselves. While much of our work together will focus on the third limb (*asana* or postures), many of these other limbs are interwoven throughout the physical practice.

2. What does Mysore-Style Ashtanga look like?

In a Mysore-Style class, everyone is working off of the same set of sequences, but each student completes only the sequences of poses that they have been "given" by their teacher. In Mysore-Style Ashtanga, you won't see a teacher standing at the front of the room, leading/guiding the class while students all do the same poses simultaneously, as you'd typically see in a westernized yoga class (with the exception of the once-a-week led primary class). Instead, you'll see students filter in and out of the *shala* (or Mysore-Style Ashtanga room) within a certain window of time, completing *their* individualized practice, while the teacher observes and circulates, providing assists/adjustments as needed, helping students through challenging poses, and adding postures to students' practices when appropriate. For instance, an Ashtanga practitioner who has practiced for five years may show up right at 6:30am, lay down their mat, and complete their second series practice over the course of an hour and a half. Meanwhile, a new student may show up at 8:00am and practice the fundamental postures and the final three seated postures over the course of thirty minutes. Each of these individuals are fully legitimate Ashtanga yoga practitioners, completing their own personal practice.

3. What does Nadical Ashtanga mean?

The Nadi-cal Ashtanga Program is a Mysore-Style Ashtanga program built and managed by Paige Morency. The program's name is play off of its "nautical" Mainer roots and "Nāḍī", a yoga term for the channels through which *prana* (or our energetic life-force) flows within the body, connecting the *chakras* (or the body's seven energy centers). Our intention is to offer high-quality teachings and guidance to our students to channel their energy in a productive and positive way.

4. How will I know what to do?

Don't worry, we'll teach you everything you need to know! Just come as you are. You'll only practice the postures your mysore teacher has explicitly taught you. This includes practitioners who have been practicing other types of yoga for years. You will be asked to start at the beginning, and learn the sequences one pose at a time. Postures practiced in a teacher-led setting are not considered to be a part of your sequence in the mysore room.

4. When should I show up for class?

- **For Mysore-style classes**, you can show up any time within the "window" of time listed for morning Mysore on the www.nadicalashtanga.com website, ideally every day that it's offered. The more consistently you practice, the easier it becomes.
- **For guided classes**, you should plan to show up at the time listed on the www.nadicalashtanga.com website, as these are led/guided classes.

5. How do I sign up for (and pay for) class?

You can find pricing information for all of our programming on our www.nadicalashtanga.com site. Once you buy a drop-in, package, or membership and sign up for a class, you'll receive a confirmation email with the zoom link.

6. Can I drop in?

Absolutely! If you're dropping in with us, please email nadicalashtanga@gmail.com to let us know. It would be helpful if you also indicate how long you've been practicing Mysore-Style Ashtanga Yoga, anything we should know about your practice (e.g. injury, pregnancy, trauma, etc.), as well as the last pose that has been given to you by your teacher, if possible. Traditionally, when practicing with a teacher for the first time, you only practice primary series. For our program, we'll make this determination on a case by case basis.

6. What are some tips & tricks for making it to class every morning?

Routine will be paramount to maintaining a consistent practice (and the more consistent you are, the easier it gets). This includes a bedtime routine to get to sleep early (getting enough sleep will make waking up early so much less painful!); setting out your clothes and setting the coffee maker the night before; waking up at least one hour before practice to drink your coffee (if you'd like), digest, and have a glass of water. We do not recommend eating in the mornings before your practice or within 3-4 hours of your evening practice. Of course feel free to play with your routines to find what works *for you*. The goal is a system that works for you.

7. What do I do if I still have questions?

When in doubt, ask! Feel free to email us at nadicalashtanga@gmail.com.