

What does “Self-Practice” or “Mysore-style” mean?

Mysore-style is a lovely way to learn Yoga and a wonderful way to start your day. You come into the calm, quiet studio early in the morning, roll out your mat and practise at your own pace, getting all the help and instruction you need from the teacher. If you have never practised Ashtanga before, you will be taught the sequence gradually, so you slowly build a practice that becomes your own. Mysore-style blends the best of all worlds: group energy, individual, one-on-one attention, and a self-paced practice. The Mysore approach helps you foster a sense of independence and take responsibility for your own practice. At the same time, you can feel and sense the support and energy of the group.

The early morning Self-Practice method is called “Mysore-Style”, because this is the way that Ashtanga Yoga is practised in Mysore, India, where K Pattabhi Jois, the teacher who brought Ashtanga Yoga to the West, lived and taught.

Who is it suitable for?

Self-practice is for everyone – experienced practitioners, anyone new to Ashtanga or completely new to yoga. At our early morning classes, you will be encouraged to practise with respect for the fundamental principles of the Ashtanga Vinyasa Asana Yoga practice as taught by K Pattabhi Jois, whilst also respecting your own body, energy levels, and stage of life. Above all, you will learn how to practise with focus and awareness in a way that does not risk injury. If you are already a committed practitioner according to the latest teachings at the Ashtanga Yoga Research Institute in Mysore, you will be fully supported in your practice at GYS, receiving adjustment in Primary and Second Series to help take you deeper into the poses you are working on. However, at Greystones Yoga Studio, we respect many different teachers, and keep an open and inviting space where a relaxed, supportive and non-competitive atmosphere prevails. We make everyone, no matter what their practice level or teaching tradition, feel welcome.

How much does it cost?

Self-practice at GYS is great value at €75 for a 4 week, “2 classes per week” card, €150 for a monthly unlimited card, and €15 single drop-in. Class cards are also valid for the Sunday self-practice class, which is at the later time of 9am (come anytime after 9am and finish by 11am).

Who teaches Mysore-style at Greystones Yoga Studio?

The morning Self-practice classes are facilitated by Ríonach, whose own practice and teaching style is influenced by her teachers, notably Marianne Jacuzzi and David Swenson, as well as Richard Freeman, Graham Northfield and Nancy Gilgoff. As a teacher of Ashtanga, Rionach encourages her students to find the guru within themselves, using their own experience with Ashtanga to develop their individual and unique path with this powerful and transformative practice.