

Pavy School, Mysore



PATANJALA ASHTANGA VINYASA YOGA SHALA



Sri Sheshadri is one of the last great teachers of traditional Ashtanga Yoga in Mysore. Together with his son Harish, he runs the Patanjala Ashtanga Vinyasa Yoga Shala in the district of Krishnamurthipurham, close to the centre town.

Ashtanga classes at Pavy represent a full immersion in traditional Ashtanga yoga as taught by Sri K Patthabi Jois. Deep meditation sutra chanting and unique adjustments makes practicing at PAVY an unforgettable experience in life.

At the end of our two week classes, we reached Sheshadri and his son in their house in Jayanagaar District of Mysore, where they live with their wives and a 2 year old nephew. It was the best occasion for a nice talk and a superb traditional Indian breakfast.





THE SPIRIT OF YOGA

What can you tell us about your life dedicated to Ashtanga Yoga?

Sri Sheshadri: I started practicing at the age of 12, and I continued practicing for many years before starting to teach too. I had many private students who also were asking me to have an official class. So I started teaching, but, also for some difficulties with English speaking, I only taught to Indian students for many years. Only in 2001, I accepted the proposal of the Mysore Mandala shala owner, Ian Robertson, to start teaching there. I joined this shala together with my master B.N.S. Iyengar. Some years later my son Harish also started teaching at the same school. After few years, even if my English was not so improved, we decided to build and open a brand new shala, PAVY. It was 2008. At Pavy we teach Traditional Ashtanga Vinyasa in the style of PJ, as taught to him by Sri Krishnamacharya.

Sri Harish: I started practicing at 8 years, with no pressure from my father's side, mine was a personal interest from the beginning. Obviously, having Sheshadri as a father was important for motivating me when I was assistant at Mysore Mandala. Building together a new shala was beautiful. A dream came true. I am very happy to work here, the shala is very big and we can make a small community together with the foreign students who comes to us.





P A V Y

“I personally do Patanjali Sutra chanting and Pranayama classes. Sutra chanting helps concentration, to be present and in a good position. In this way, the lotus lying in our mind will be opened. All the aspects of yoga are important to life”.

Sri Sheshadri







In many years you have developed a unique teaching method, with very personalized adjustments...

S: the study of anatomy helped me in improving my knowledge of the human body and to understand which are then student physical attitudes. Then I developed my own method, which is personal, as my son Harish has a way of teaching, more delicate, while I am a bit more tough. Based on this we decided to teach in different days, to give the students different sensations when they practice. Students also need to understand the meaning of the adjustment so he can understand the asana better. We make less adjustments on beginner students because they many times cannot feel the real meaning of it. But learning is fast, and I learn from my students as he does from me, at the same time. This is why the student is also a friend, a brother and a sister. The issue of adjustments is very complex, for both. Practicing together is the best way to know each other and improve together. Know students' capacity and his characteristics can help me to address him on a correct practice. Once we know each other, we can go deep.

H: a body which received personalized adjustments will develop himself in a better way. Each student is different from another, each one has his own flexibility. Not all of them can reach the asana in the same way or in the same time. So, our adjustments are focussed on the real students' attitudes and on their capacity to understand adjustments without pain.



Starting from 2000, many new ashtanga yoga schools actually work in Mysore..

S: Until 2000 in Mysore there were just 5 or 6 ashtanga yoga shalas, others were hata yoga places. The explosion with so many students coming to Mysore for Ashtanga. It happened that many hata yoga centres changed their activity into ashtanga. The results were not always good, there was a mix of the two disciplines, and this is not good for the students. Vinyasa system is very different from the others, it doesn't need to be mixed with others disciplines, it is not necessary as well!

Mysore, the city itself has changed so much its aspect in the last 10 years, not just in yoga...

S: we cannot avoid the changes, 10 years ago many roads in Mysore were not even paved, nowadays you can see jams on the main roads. This is normal, new generations are asking for more, they want new buildings, the work for economical and financial development. Many people move from countryside to the city, to work in Mysore. These people need houses and services. As a consequence, air pollution has increased, in a very short period of time. Karnataka Government is working on a more advanced system of environment protection that it's giving good results in terms of nature respect. Natural environment must be in balance with human development.

H: a clean environment is also better for a good practice! I would like, in the future, to practice yoga in a clean world

In the last years, you have participated at many workshops, mainly in Europe.

H: they were all beautiful experiences. European students are excellent, and they are also very reliable. We've been teaching the same students for many years, and we have a very special relationship with them. We met very dedicated students, even in very cold places of North Europe where it is so difficult to heat your body as ashtanga yoga pretends!

Which are the main differences between Indian and foreigner students?

S: in India students start practicing at school, it is very hard to make a comparison. Indian students don't practice ashtanga in a very dynamic and continuous way (as requested by the vinyasa system), they practice in a different way. Western students coming to Mysore want to improve the Ashtanga dynamic system as practice and taught by SK Patthabi Jois.

In Europe it is quite normal to start practicing around 30 years of age, when body and should are already full-formed

S: we can start practicing at any age, but as you decide to start yoga, your teacher must understand where you can arrive and how he can learn better the practice. If you start after 30 years, at the beginning it may be harder, first changes will take time. But all real changes need time. There is not sudden change. As Patanjali said: "sa tu d rgha k la nairantarya satk r "sevito d habh mi (Sutra 1:14 This practice becomes well-grounded when continued with reverent devotion and without interruption over a long period of time)

Because only constant practice will give benefit, we have to practice with joy and devotion, once a day, without breaks, without overstatement.

Harish daughter is 2 years old and loves to jump into her grandfather's arms. Breakfast's ready, we sit on the ground and start eating with a delicious chow chow bath.

PAVY

PAVY Contacts

Address:

#1317,3rd Cross Krishna Murthy Puram,
Mysuru-570004, Karnataka,India

Mail:

sheshadri_yoga@yahoo.co.in
shesharish@gmail.com

Mobile:

Yogacharya Harish.S +91-96866 16390

Web:

www.sheshadri.com

