

Workshop with Usha Rani Chittor

secretary & assistant teacher to our beloved Guruji
Sharath Jois from SYC, Mysore, India

14. - 17.05.2026



Price

- Whole workshop: 230,-/190,- Eur (members: 200,- /170,- * Eur)
- Mysore/Led Class Drop-in: 40,- /25,-* Eur



Thursday, May 14

08:30 - 10:00: Led Class
10:30 - 11:30: Conference

Friday, May 15

06:30 - 08:30: Mysore

Saturday, May 16

08:30 - 10:30: Mysore
10:30 - 11:30: Breakfast
11:30 - 14:00: Workshop**

Sunday, May 17

08:30 - 10:30: Mysore

*Early bird discount for registration
& payment until 13.04.2026

**The Legacy of Guruji Sharath Jois: From Mysore Tradition to
Modern Ashtanga Practice (with Q&A)

Registration:
huong@huongyoga.com



HUONG
Y.O.G.A

About Usha Rani Chittor

Usha Rani was born and raised in a Hindu traditional priest family in Madanapalle, Andhra Pradesh, India. As she was born in a priest family since her childhood, she had a deep impression of her grandmother practicing Bhakti Yoga. At the age of 17 her destiny took her to live and serve several years of her life in 'Om Shantidhama Gurukula – A Vedic residential school and also an Ashram which runs on a public charity' which is situated at the banks of river Kaveri near Bangalore. From here onwards she started experiencing her life from different dimension and had her first introduction to Yoga. This Vedic school brought Usha's potentiality in to reality by providing her opportunities to serve in Yoga summer camps, handling Ayurvedic medicine department, attending in rural medical service and rare opportunities like assisting in organizing an 'APTHORYAMA SOMAYAGA' in Kerala in 2004. At the early age Usha eventually started practicing and experiencing Gurukula life style, in this spiritual environment daily seeing gurukul students, meeting sages, vedic scholars, pundits, Rithviks, donors and attending Satsangs inspired her and sow a seed to pursue a Yogic life.

As per her teacher Jyothi's guidance whom Usha met in the Vedic school, in 2006 she did her Yoga Instructor Course (YIC) a residential course from SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana) which gave her the glance of knowledge in all aspects of Yoga. In the same year Usha did her Diploma in Montessori education system (a scientific child education), later she also obtained Master's Degree in English and Hindi Literature. She was a freelancer, trained many school teachers in Montessori Method and also taught English.

Usha's spiritual journey took a different lane when she heard about Ashtanga Yoga & Shri. K. Pattabhi Jois, in 2007 she shifted from Bangalore to Mysore to learn Ashtanga Yoga from Guru ji. She has been fortunate enough to start her Ashtanga Yoga initial 2 years of sadhana in Guru ji Pattabhi Jois's presence, officially guided by Shri Sharath Jois.

After Guru ji Pattabhi Jois passed away in 2009, Usha became disciple of renowned Yoga master 'Paramaguru R. Sharath Jois' (grandson of Shri. K.Pattabhi Jois & director of Sharath Yoga Centre) to continue her Yogic studies and also started working as a secretary for Shri. Sharath Jois and Sharath Yoga Centre (KPJAYI). Eventually Usha got a golden opportunity to assist her Guru Sharath Jois in the regular Yoga classes at SYC/ KPJAYI, Mysuru and also blessed to travel with him to China, Uttarakashi, Rishikesh & in some local Mysuru events, India. Usha is an Authorized Ashtanga Yoga Teacher, having received the formal blessings of her Guru, Shri R. Sharath Jois to teach this age-old Yogic method.

She is extremely honored and delighted of endless opportunities that she has been getting to practice not only Asana part of Ashtanga Yoga also other limbs of it by her Guru Sharath's presence in her daily life, assisting him, being all the day in the Yoga shala witnessing many students and these makes her life ecstatic! Traveling remains a passion and she takes it up whenever life presents her with an opportunity to teach Yoga and explore places.

Usha believes that Vedic studies offer insights into the nature of consciousness, the cosmos and the path of self-realization, which can enhance our yoga practice & provide a deeper understanding of its principles. With such intension she has been studying Vedic chanting from the renowned Vedic master Shri M.S. Srinivasan (known as The Challakere Brothers, M.S. Venugopal & M.S. Srinivasan are a Vedic Chanting duo) since 2022.

Usha believes that by surrendering to 'Guru' with devotion and determined yoga practice, one can attain higher levels of spirituality.