

AGORA YOGA LISBOA PRESENTS



# SANKALPA 12-19 OCTOBER

*TOGETHER TOWARDS NEW HORIZONS*

ONE WEEK YOGA INTENSIVE IN SOUTH OF  
PORTUGAL AT MONTE DA ORADA,  
ALENTEJO

WITH MARINE DUCHESNES AND SONIA  
AMA

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[www.orada.eu](http://www.orada.eu)

[www.agora-lisboa.com](http://www.agora-lisboa.com)

# Sankalpa

« Sankalpa » is the sanskrit term for intention. It is about placing a wish, a desire, a positive thought allowing to reach a goal or an objective. A way to align our conscious and unconscious resources, mental and physical ones, to move forwards in one single direction with love and attention. It is a seed that we can plant within ourselves with will and kindness, so that it can slowly grow until it becomes a reality, in our practice or in our life.



During this week,  
Marine and Sonia invite you to  
cultivate « Sankalpa » in your Yoga  
practice.

Become aware of your limits, but also  
of where you can deepen your practice  
Dive in a week of intensive practice to  
open new horizons while creating  
balance between your body and mind



# One week immersion into the practice of Yoga

The gorgeous natural environment, delicious healthy vegetarian meals, large indoor and outdoor spaces will help you restore your energy after a period of fatigue or even exhaustion that our daily busy lives in the cities can cause.



Use this fresh energy to deepen your body awareness through the Mysore Ashtanga practice and several themed workshops made to help you take your practice to another level.

Become aware of your full capacities, learn to move beyond your fears and allow yourself to explore postures you never dared trying before! ,

Let your creativity express itself through your Yoga with free creative practices and relax with the Yin and meditative energy of the soft yoga practices in the late afternoons.



# In connection with Nature

Cultivate your Sankalpa thanks to the energy of the group with who you will share very special times over the week : some quiet times for meditation or with the sound of Ujjayi breathing and the circles around the fire.



We wish to share a common Sankalpa for this retreat- the one to deeply connect with the Earth and Nature, to transform the relationship we have with them and to honor them as Monte da Orada will naturally invite us to do.

Orada is a community supporting transitional education, promoting and bringing together initiatives or retreats with a spiritual, ecological or transformational scope, exploring new paradigms and behaviors for living in community.



It is nested in the heart of a natural sanctuary, in the woods of Odemira in the Alentejo region, bordering Algarve in South West Portugal.



# Monte da Orada

[www.orada.eu](http://www.orada.eu)



Orada was founded on the vision that the concepts of nature, health, sustainability and community should all be united to think a transition and get out of the modern times toxicity. It is a place to find the inspiration needed to reinvent our life on Earth and manifest this awakening. The emphasis is placed on organic farming, conscious nutrition, meditation and contemplation in nature.



The hosts and founders, David and Juliana, wish to create and give life to a space from which can emerge innovative opportunities, new mindsets.

Accommodation will be in shared bedrooms, in stone houses, bungalows and tipis (check out their website for pictures). It is possible to ask for a private room at extra costs, please contact us if you wish so.



Excursions and other activities in the region can also be organized upon request with the help of Monte da Orada (surf lessons, horse riding, kayak etc.)



# Detailed Program

For those of you who can, arrival is on Friday October 11th in the evening in Lisbon, to be able to discover (or re discover!) Agora studio on **Saturday 12th**. Yoga classes will be free for the retreat students that day, and a special gathering event will be organized with Marine and Sonia at Agora on Saturday evening. This could be a good opportunity to visit Lisbon before the nature immersion.

## Sunday 13

Departure to Monte da Orada, 2.5 hours drive from Lisbon (other option: to arrive directly to Faro airport on Sunday 13th morning, it is 1.5 hours drive from Monte da Orada) Arrival in the afternoon.

Opening circle

Meditation and soft restorative practice to end the day

Evening around the fire

## Monday 14

Morning : Meditation and Ashtanga Mysore style (adapted to all levels)

Afternoon: In-depth Workshop Hip Openers 2h

Evening: Yin Yoga Practice

## Tuesday 15

Morning : Meditation and Ashtanga Mysore style

Afternoon: In-depth workshop Backbends 3h

## Wednesday 16

Morning: Creative and Free Vinyasa Practice

Rest of the day OFF

Evening around the fire

## Thursday 17

Morning : Meditation and Ashtanga Mysore style

Afternoon: In-depth workshop Arm Balances 3h

## Friday 18

Morning : Meditation and Ashtanga Mysore style

Afternoon: In-depth Workshop inversions 2h

Evening: Yin Yoga practice

## Saturday 19

Morning : Meditation and Ashtanga Mysore style

Closing circle

Last meal and departure to Lisbon or Faro – Pick a late afternoon return flight



# Details and Registration

**PRICE : 750 euros**

Including food + accommodation + all Yoga classes from 13 to 19 October at Monte da Orada and free classes at Agora studio in Lisbon on October 12. ([agora-lisboa.com](http://agora-lisboa.com))

Does not include the price of the private shuttle Lisbonne-Odemira (55euros round trip per person), plane tickets, or extra costs (massages, special excursions) on site.

To have a single room, contact us.

To register, sign up at [info@agora-lisboa.com](mailto:info@agora-lisboa.com) or [marineduchesnes@hotmail.com](mailto:marineduchesnes@hotmail.com) paying a 50% deposit.

