

Agora Schedule – From 16th of March 2019

Monday	Tuesday	Wednesday		Thursday	Friday		Saturday	Sunday
Mysore 7 :30-9:30 Adélia F/E	Mysore 7 :30-9 :30 Sonia F/E / P	Mysore 7 :30-9 :30 Sonia F/E / P		Mysore 7 :30-9 :30 Sonia F/E / P	Mysore 7 :30-9 :30 Sonia F/E / P	Vinyasa Pranayama 8:00-9:00 Adélia E/F		
							Ashtanga Beginners 10:00-11:00 Sonia E/F	Mysore/Ashtanga guided 10:30-12:30 Adélia F/E
							Intro To Pranayama 11:30-12:30 Sonia F/E / P	
Vinyasa Short 12:30-13:30 Adélia E/F				Vinyasa Short 12:30-13:30 Adélia E/F				
								Vinyasa 2-3 16:00-17:30 Adélia E/F
	Meditation Space 18:00-19:00 Luis E/F	Ashtanga 2-3 18:30- 20:00 Sonia E/F	Meditation Space 18 :30- 19 :30 Luis E/F				Vinyasa / Meditation 17:00-18:30 Adélia E/F	Yin/Restorative /Nidra 18:00-19:15 Adélia E/F
Ashtanga 1-2 18:30-20:00 Adélia E/F	Creative Vinyasa 19:30-21:00 Sonia			Vinyasa 1-2 18:30-19:45 Adélia E/F				
Yin/Restorative 20:15-21:15 Adélia E/F	F/F			Yin/Restorative 20:00-21:00 Adélia E/				

Contact us for more information if you have never practiced Mysore-style.

F : Français E : English P : Português

(when several languages are mentioned, it will depend on the students attending and the language spoken by the teachers)