

Agora Schedule – From 1st of November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mysore 7 :30-9:30 <i>Adélia</i>	Mysore 7 :30-9 :30 <i>Sonia</i>	Mysore 7 :30-9 :30 <i>Sonia</i>	Mysore 7 :30-9 :30 <i>Sonia</i>			
			Meditation Space 10:00 – 11:00 <i>Luis</i>		Ashtanga Beginners 10:00-11:00 <i>Sonia</i>	Meditation Space 10:00 – 11:00 <i>Luis</i>
					Yin/Restorative Yoga 11:30-12:30 <i>Sonia</i>	Mysore/Ashtanga guided 10:30-12:30 <i>Adélia</i>
						Vinyasa 17:00-18:15 <i>Adélia</i>
	Meditation Space 18:00-19:00 <i>Luis</i>					
Ashtanga guided 18:30-20:00 <i>Adélia</i>		Ashtanga guiada 18:30- 20:00 <i>Sonia</i>	Meditation Space 18 :30- 19 :30 <i>Luis</i>	Yin/Restorative 18:00-19:00 <i>Adélia</i>		Yin/Restorative /Nidra 18:30-19:45 <i>Adélia</i>
Yin/Restorative 20:15-21:15 <i>Adélia</i>	Vinyasa 19:30-21:00 <i>Sonia</i>					
			Vinyasa 19:30-20:45 <i>Adélia</i>			
				<i>Agora Nights Community events Starting at 19 : 00</i>		

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