



JULY 25 - AUG 1ST



*Summer  
Intensive  
Week at  
Agora Lisboa*



PRACTICE &  
ENJOY



AGORA

*One week to Deepen Your Yoga &  
Meditation Practice with us...  
And take some time to chill and visit Lisbon  
in the Summer*

Morning practices 8:30 -11:00

- Ashtanga Yoga (Mysore and Guided)
- Pranayama
- Meditation

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Afternoon workshops & Practices 13:30- 16:30

- Intro to Hands-on Adjustments
- Asanas Lab
- Ayurveda and Yoga
- Yin Yoga
- Mindfulness & Creativity

Enjoy one day OFF with an organized excursion near Lisbon &  
some suggested group evenings during the week (optional)

All classes take place at Agora studio

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

## *Details and Registration*

Start date Saturday July 25 morning

End date : Saturday August 1st after morning practices with a collective brunch

Join the Full Program: 350 EUROS

Join Only Mornings: 150 EUROS

Join Only Afternoons: 200 EUROS

Food and Accommodation in Lisbon not included

The excursion outside of Lisbon on the Day OFF will be organized by AGORA but is not mandatory and will have an extra cost to cover transportation and entrance fees/ guided tour. We might go explore the hidden beauties of Sintra with a special guide (destination can change).

There will be a possibility to get Osteopathy treatments, Massage, and /or Acupuncture sessions at Agora during the week.

Email us if you have questions or to register : [info@agora-lisboa.com](mailto:info@agora-lisboa.com)

Spots are limited