



INDIAN CLASSICAL DANCE & YOGA

The Divine Connection

An afternoon exploring the philosophical and physical crossings between Indian Classical dance and Yoga.

3rd October , Saturday

17H-19H

- 17H-18H30 workshop
- 18H30 -19H (Open discussion space with refreshing therapeutic Indian lemon drink “shikanji”)

Price : 25€ | Early Bird : 20€ (until 24th Sept)

Local : Agora Studio, Rua Rafael Andrade,23 ,2nd Floor,
Metro Intendente

Reservations : info@agora-lisboa.com (Limited Spaces)

Workshop content :

- Breathing and its connection with movements
- Body alignment in Indian Classical dance with relation to movement
- Basic vocabulary of Indian Classical Dance
- Mudras
- Philosophical and historical crossings