



Ashtanga Yoga Fundamentals 4-Week Course

NOVEMBER-DECEMBER 2020 WITH SONIA
OPEN TO BEGINNERS

LEARN ABOUT ASHTANGA VINYASA YOGA

Origins of Ashtanga Vinyasa Yoga
Tristana in Ashtanga : Breath, Bandhas,
Drishtis
Opening and Closing Mantras
Developing a Safe and Healthy routine
How do I integrate my yoga practice in daily
life?

SET GOOD FOUNDATIONS FOR YOUR PRACTICE

Explore Sun Salutations
Learn the Standing Sequence
Using Ujjayi Breath and Bandhas
Transitions between Poses
Exploring the Finishing sequence
(backbending & inversions)
How to do Savasana

4 SATURDAYS 11H30-13H15

NOVEMBER 14,21,28 & DECEMBER 5

Price : 70 Euros / 60 Euros for Agora Members

To ask for more info & Registration :

info@agora-lisboa.com