



AGORA LISBOA WELCOMES



*Linda Munro & Gérald Disse from  
Ashtanga Yoga Paris*

APRIL 24-27 2021

**4-DAY ASHTANGA YOGA WORKSHOP**

Mornings: Mysore & Led Class  
Pranayama  
Q&A session

Afternoons : Series of Workshop  
An exploration of Primary Series Key  
Core Concepts & an Introduction to  
Intermediate Series

# Practical Information



## **SATURDAY 24**

9:30-11:30 Primary Series Guided (Sanskrit) +  
Q&A session

14:00-16:30 Key Core Concept I

## **SUNDAY 25**

9:30-12:00 Pranayama + Mysore

14:00-16:30 Key Core Concept II

## **MONDAY 26**

9:30-12:00 Pranayama + Mysore

14:00-16:30 Intro to Intermediate Series I

## **TUESDAY 27**

9:30-12:00 Pranayama + Mysore

14:00-16:30 Intro to Intermediate Series II

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## **PRICES**

FULL 4-DAY WORKSHOP : 310 EUROS

WEEKEND WORKSHOP : 160 EUROS

ONE DAY WORKSHOP : 80 EUROS

EARLY BIRD PRICE (Before end of Feb): 10 % OFF

AGORA STUDENTS (Before end of March): 10 % OFF

# Afternoon workshops Program

Saturday 24

## Key Core Concept 1 ~ Connecting to the Shoulders

In this workshop we'll discover our arms and shoulders in a profound way. Working on how to safely align the joint in the āsanas, how to find the balance between flexibility and strength and lastly how the core of the body plays a significant part in both flexibility and stability of the arms and shoulder girdle.

Sunday 25

## Key Core Concept 2 ~ Rooting the Legs

On this day we'll continue on the theme of connecting to our core but now from the bottom up – the legs! The emphasis will be on standing poses and how to find strength and stability with the balance of the center of our body (aka Bandhas).

Monday & Tuesday 26–27

## Nadi Shodhana: Introduction to the Intermediate Series

The Ashtanga Second Series is called 'Nadi Shodhana' which means nadi cleansing. The nadis are the 'rivers' of our subtle body, which allow the prana, energy or life force to move freely throughout the body. When these channels are unobstructed we feel healthy, vibrant, light and clear. However, when they are blocked we can feel dull, tired, depressed and foggy.

We will explore the asanas of this series in an intelligent and safe way. If you are already working on the intermediate series or are ready to start and want to balance your primary series practice, then consider attending these workshops. Modifications and variations will be offered for all those with an established Ashtanga practice.