

NEW DATES: JUNE 9-12 2022



**CHUCK MILLER
4-DAY INTENSIVE**

At Ágora Lisboa - Limited spots

4-DAY INTENSIVE SAMA - ASHTANGA YOGA

We are happy to welcome Chuck Miller for his first time teaching in Lisbon. I had the chance to study with Chuck in Paris. It transformed my perception of the practice, deepening my awareness of the breath and of the unconscious patterns of our body and mind. Don't miss the opportunity to join this 4-day immersion into breath and movement with one of the most senior Ashtanga teachers. It is a blessing to study with Chuck.

"This will not be your normal Ashtanga Yoga class.

It is intended to be an intensive burst of time to return to the roots, to the essence, to the beginnings of this great practice we call Ashtanga Vinyasa Yoga.

We will be using the classical Ashtanga Yoga sequence as taught by Sri K. Pattabhi Jois of Mysore, South India. The core concept here is Vinyasa. We need to understand better what is inherent in the established practice. Vinyasa is a method of learning. It is what you have done if you learned and practiced playing a musical instrument, or if you learned a second language, or in mathematics, or cooking or classical dance or any of many subjects you might study and practice.

"Practice, practice... practice..." KPJ What does it mean to "Practice!?!"

Vinyasa is a way to get from where you are to some other place. It involves a gradual, step-by-step, approach. The idea there is that there is almost nothing that you cannot do if you go slowly enough. That does not mean that we are trying to go slow. We do though need to go slow enough to get us from where we are to where we want to go. That is how we best can learn.

We will start the first day with some mental work, to establish a common vocabulary and to understand the deeper intent of the classical yoga practices. This will not be a race through many sequences of postures, and in the long run it will help you to learn how to move through those sequences better. I am positive that this will be more efficient than starting out by running through them!

There are certain things in our practice that we do on the first day we ever practiced, and every day after that, without end. It can help us tremendously to look deeper into those aspects of the practice and polish the basics. It is like a child learning to count. Remember? It was difficult to learn to get to 10, but once you learn to 10, then how fun it was to realize that getting to 20 was easy! It is like that!

I hope you come. I guarantee these 4 days will give you tools to improve your practice for a life time of healthy and fun practice.

First day we will start with a kind of 'orientation' and then get into practical work of practice. In the following days we have Morning Practice and then a break followed by an afternoon 'clinic' with time for Q&A and a kind of lab to help improve what we are doing in the mornings.

DETAILS AND REGISTRATION

PROGRAM:

Thursday June 9th – Sunday June 12th
10h–13h Morning Practice
14h30–17h30 Afternoon Clinics and Q&A sessions

PRICE:

Full Intensive = 340 euros before January 31st 2022

375 euros after January 31st

Priority will be given to people wanting to join the 4 days.

Price per day if space available : 100 euros

Spots are limited. Deposit required to save a spot.

REGISTRATION:

Write at info@agora-lisboa.com
or soniaamayoga@gmail.com

WHERE?

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