



# *Ashtanga Yoga Fundamentals 4-Week Course*

OCTOBER-NOVEMBER WITH SONIA AMA  
OPEN TO BEGINNERS

## SET GOOD FOUNDATIONS FOR YOUR PRACTICE

Learn the foundations of the Ashtanga Method  
Sun Salutations & Standing sequence  
Using Breath and inner strength  
Postural Alignment for a Safe practice  
Transitions between Poses  
Exploring the Finishing sequence  
How to do Savasana

## LEARN ABOUT ASHTANGA VINYASA YOGA

Origins of Ashtanga Vinyasa Yoga  
Breath, Bandhas, Drishtis  
Opening and Closing Mantras  
Developing a healthy routine  
How do I integrate my yoga practice in  
daily life?  
Introduction to the Yamas and Niyamas

**4 SATURDAYS 11H30-13H30**

**OCTOBER 30, NOV 6, 13, 20**

**Limited Spots**

**Price : 75 Euros / 70 Euros for Agora Members**

**To ask for more info & Registration :**

**[info@agora-lisboa.com](mailto:info@agora-lisboa.com)**