



AGORA LISBOA WELCOMES



*Linda Munro & Gérald Disse from
Ashtanga Yoga Paris*

NEW DATES: APRIL 21-24 2022

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



THURSDAY 21

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

14:00–16:30 Key Core Concept I

FRIDAY 22

9:30–12:00 Pranayama + Mysore

14:00–16:30 Key Core Concept II

SATURDAY 23

9:30–12:00 Pranayama + Mysore

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

SUNDAY 24

9:30–12:00 Pranayama + Mysore

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

PRICES

FULL 4-DAY WORKSHOP : 310 EUROS

WEEKEND WORKSHOP : 160 EUROS

ONE DAY WORKSHOP : 80 EUROS

EARLY BIRD PRICE (Before end of Jan): 290 EU

AGORA STUDENTS (Before end of March): 290 EU

Afternoon workshops Program

Thursday 21

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.

Friday 22

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).

Saturday & Sunday 23–24

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.