

**"YOUR OWN SELF-REALIZATION IS THE GREATEST
SERVICE YOU CAN RENDER THE WORLD"
RAMANA MAHARSHI**



**AGORA ANNUAL YOGA & MEDITATION RETREAT
JUNE 14-19 2022 - ALENTEJO PORTUGAL**

YOGA & MEDITATION RETREAT

ALENTEJO 14-19 JUNE 2022



AN INNER JOURNEY TO HAPPINESS & FREEDOM

EXPLORING THE 4 BRAHMAVIHARAS OR SUBLIME EMOTIONS

Sonia and Luis invite you to join a 6-day immersive retreat to explore ways to cultivate inner freedom and happiness in our lives. Deepen your practice of Yoga and Meditation and dive into the life teachings these traditions may offer us,

During this retreat we will explore the 4 Brahmavirahas : Loving-kindness (Metta), Compassion (Karuna), Sympathetic joy (Mudita) and Equanimity (Upeksha) and find practical ways in which they can shed light on our life and relationships.

PRACTICE YOGA & MEDITATION

- We will awaken our body and vital energy through the practice of Ashtanga Vinyasa Yoga (guided and Mysore-style), and integrate Kriyas and Pranayama routines to our morning practices to balance our nervous system.
- In the afternoons, we will have grounding and healing Yin Yoga practice, both in silence and with music.
- Throughout the day we will practice guided meditations that focus on cultivating the 4 Brahmavirahas as well as silent meditations. We will also foster inner exploration and insight through periods of silence.

DHARMA TALKS, STUDY & SHARING GROUPS

- Each day we will offer a talk on our retreat's theme and suggest seed questions for reflexion.
- We will have study groups where we will have the opportunity to discuss about the talks and how we interpret them individually.
- There will be free time to allow each of us to observe what comes up inside, and spaces to share if we wish to.
- There will also be plenty of time to enjoy the beautiful natural surroundings, meet other participants and rest.



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DETAILS AND REGISTRATION

The retreat takes place at Fonte das Perdizes near Grândola in Alentejo, with swimming pool and lots of land to enjoy. Nature there has a soothing effect on the mind.

The retreat is an opportunity to slow down, to connect with Nature, self and others.

It will start on Tuesday June 14 afternoon and end on Sunday June 19 afternoon.

PRACTICAL DETAILS

PRICE

- **750 euros Including :**
- Accommodation in shared bedrooms
- 3 vegetarian and organic delicious meals
- Teachings with Sonia Ama and Luis Salamanca
- Yoga and Meditation material is provided

- Price does not include transport to/from the Retreat center. You can come by car or take a train from Lisbon to Grândola. Let us know if you need help organizing a transfer from Grândola to the venue (15 mins by car).
- If you wish to know more about us (Sonia and Luis) you can go to Agora website under "Team" (agora-lisboa.com), where you may also find information about our Yoga and Meditation center in Lisbon.



HOW TO BOOK

- **Send us an email to info@agora-lisboa.com if you are interested so we can send you the link to the Registration form.**
- **Pay 50% deposit to book your spot and pay the remaining amount by the 1st of May 2022.**

CANCELLATION POLICY

- The deposit is fully refundable until April 14 2022
- The deposit is 50% refundable until May 1 2022
- The deposit is non-refundable after May 1 2022
- Cancellation due to Covid : If measures taken by local or foreign authorities result in an impossibility to hold the retreat or travel to Portugal the concerned participant(s) will be offered to choose between full refund or a voucher for a future retreat

