

with Agora Yoga Lisboa:
soniaamayoga@gmail.com
vlad.mizikov@gmail.com



THE
ANATOMY OF
BREATH:
MOVING PRANA

ASHTANGA VINYASA YOGA IMMERSION

OCTOBER 13 - 16 2022

FONTE DAS PERDIZES, ALENTEJO



A deep dive into the exploration of the yogic breath and how it is applied to the practice of Ashtanga Vinyasa.

We will explore the breath from the standpoint of its philosophical roots in yogic scripture and Ayurveda, its anatomical and physiological patterning, and its effect on the subtle body along with the psycho-spatial consequences.

The immersion will allow us to slow down and utilise a variety of embodied techniques to develop a felt sense of the subtle flows of prana (inhale) and apana (exhale), and ultimately discover how the interactions between these two forces hold the blueprints of asana and other yogic practices.

PROGRAM

The retreat will commence on Thursday afternoon.

Students already in Lisbon in the morning can join the Mysore practice at Agora. Departure to Fonte das Perdizes by car or bus in the afternoon. End of the retreat & return to Lisbon on Sunday mid-afternoon.

Opening circle & soft practice on Thursday end of day

Mornings will be dedicated to practice:

Mysore-style & Guided Ashtanga Vinyasa, Pranayama, Meditation

Afternoons will include free time then workshops to dive deeper into some aspects of practice

Evenings will be dedicated to the practice of Yin & Restorative Yoga and/or discussion.

This is an indicative program and we will adapt the program according to the unfolding of the retreat and needs of the group.

FEES

- 390 euros Including :
 - Accommodation in shared bedrooms
 - 3 freshly prepared organic, vegetarian meals
 - Teachings with Sonia Ama and Vlad Mizikov
- Price does not include transport to/from the Retreat centre. 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 you can go to Agora website under "Team" (agora-lisboa.com), where you may also find information about our Yoga and Meditation centre in Lisbon.



50% deposit required to book your spot (195 euros).

Fully Refundable until August 12

50% Refundable until September 12

Non-refundable after September 12

