



Frequently Asked Questions

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1. How to get to Agora?

We are located in the heart of Lisbon at Rua Rafael de Andrade, 23 , 2nd floor, near the metro station Intendente.

Aim to arrive 10min before the class starts but no more than 15 minutes early (previous classes might be finishing). Ring the bell and wait for someone to open (kindly wait a minute before ringing again, the teacher can be busy!)

2. How do I register for a class?

Please book your class online on our platform [Fitogram](#), where the schedule is updated. You will need to create a student account and select a product (trial class if it is the first time, drop-in or a pass.) Creating the account is quick and simple. If you are not sure which class pass to choose, we suggest signing up for a trial and talking with the teacher after class. The teacher can help you choose the best option based on your needs and availability.

Please arrive at the studio at least 10 minutes before the beginning of the class but no more than 15 minutes early. In case of late arrival, we will not be able to open the door, kindly refrain from ringing the bell repeatedly.

You can cancel a booking via your student account up to 1 hour before the start of the class. After this time you will be charged for the class.

For more information regarding which class is suitable for you, check the sections 10 to 12.

3. What payment method can I use?

All payments are made in cash only directly with the teacher at the studio. We do not accept credit cards.

For special events, workshops and retreats, payments can be made through bank transfer. Ask us for our bank information/ MBway/ Paypal.

4. Price Table

MEMBERSHIP / Cartão de Sócio	
Become an AGORA Member to purchase monthly passes, get discounts on class packages, on osteopathy sessions, on our workshops, and to access all our community events !	20€
ALL CLASS - PACKAGES	
Trial Class	10€
Single Class drop-in	15€
10 credit Pass - 4 months validity	110€ [Non-member 125€]
5 credit Pass - 2 months validity	65€ [Non-member 75€]
MONTHLY PASSES / MENSALIDADE	
<i>Valid from the 1st day of the month until the last day of the same month</i>	
ALL CLASSES YOGA + MEDITATION	
2x per week (or 8x per month)	75€ /month
3x per week (or 12x per month)	105€ /month
Unlimited Month	165€ /month [Non-member 175€]
MEDITATION ONLY	
2x per week (or 8x per month)	65€ /month
Unlimited Month	85€ /month
MORNING MYSORE	
3x per week (or 12x per month)	75€ /month
5x week including Saturday Led Primary	110€ /month

5. Terms and Conditions for subscriptions

The price for the yearly membership at Agora is 20€ and gives you access to discounts on the class cards, events, therapies, and the osteopath at Agora. The monthly passes are only available to the members.

We have Mysore practice only passes, Meditation only passes, and Combined Yoga and Meditation passes.

The 10 classes card is valid for a duration of 4 months. We can freeze the pass one time only for up to 1 month upon request if you are away or injured.

All monthly passes start on the first of the month and run until the last day of the month, 30th or 31st.

If you choose the 2 x per week class, keep in mind that you cannot join 3 classes after having missed one a previous week.

Class passes purchased cannot be refunded, and they are nominative and individual. But if you are leaving the country or cannot come to practice anymore you can transfer your pass to another student.

If our prices do not match your financial situation, kindly write us an email at info@agora-lisboa.com

6. Cancellation policy

You can cancel your class up to one hour before the start at no cost. If you don't cancel and don't show up, the class is due and will automatically be deducted from your pass or card.

7. In which language are the classes taught?

Our classes are taught in English. Sonia's morning Mysore program is taught in 3 languages : English, Portuguese and French.

Private sessions are available in Portuguese, French, Spanish and English.

8. Can I have an invoice for my purchase?

We can provide invoices for your classes. Simply send us an email at info@agora-lisboa.com with your name, your NIF (if you live in Portugal), your address and the purchase you need the invoice for.

9. What do I need to bring to class?

All the material for practice is available at the studio free of charge : mats, blocks, straps, bolsters, blankets and meditation zafus and chairs. But you are welcome to bring your own mat if you prefer.

Kindly clean the studio mat after practice with the spray and cloth available in the room. Please bring a towel for dynamic Yoga classes.

We have a mixed gender changing room at your disposal. For yoga, sports clothes are suitable. For meditation, loose and comfortable clothing are recommended (avoid jeans and tight leggings).

10. What are the different styles of Yoga and Meditation at Agora?

In the Yoga Shala, we teach Ashtanga Yoga (guided and Mysore style), Vinyasa and Soft Vinyasa, Hatha Vinyasa, Yin Yoga. You can find detailed information about classes on [this page of our website](#) .

In the Meditation Dojo, we teach guided meditations of Japanese and Tibetan inspiration, to help develop Samatha (tranquility) and vipassana (insight). They include awareness of the body, of the breath and the mind (thoughts, emotion, feelings), and visualizations to cultivate emotional stability and a creative mind. Tuesday evening session has a community building structure, with pair and group exchanges and exercises accompanying the meditations. Thursday's session is intended to be a "meditation lab", with a segment open to questions about how to meditate, how to deal with elements that come up, etc.

Saturday morning meditation is inspired by Japanese Zazen and is silent. It is composed of two sessions of 20/25 minutes each with a short break in between. For more information about meditation, check this [page of our website](#).

You can read a full description of each class, both yoga and meditation, by clicking on the class on the [updated calendar of fitogram](#), our booking platform.

11. I am a complete beginner, which classes are suitable for me?

Yoga: If you want to practice a dynamic form of Yoga, you can join the following classes as a beginner : Ashtanga Beginners (Thursday, 19H30), Hatha Vinyasa (Monday 12H30 and Wednesday 18H). If you want to enjoy a softer yoga practice , you can join the Soft Vinyasa class (Monday, 18H). And for a more meditative practice, you can join the Yin Yoga classes (Thursday 18H and Sunday 10H)

Meditation: beginners are invited to the guided meditations of Tuesday 19H, Wednesday 17H30 (online) and Thursday 12H30. Saturday meditation is silent (Zazen), so you might find it useful to join one of the guided meditations before coming to the Zazen.

Yoga and Meditation private sessions are also available on demand if you want to start with a more personalized practice or if the beginners' group classes do not match your schedule.

12. "I am not flexible / not athletic" ; "I have an injury" : Can I still join a class?

Certainly, you don't need to be flexible to practice Yoga or Meditation and the practices can be adapted to most physical conditions. The teacher will give you modifications for poses and you can use blocks or straps to support your practice or a chair to sit during Meditation. Breath, stability, focus, and intention are more important than any physical limitation.

With regular practice you will gain flexibility, strength and endurance.

13. Can I practice during pregnancy?

You can practice Meditation, Yin/restorative classes, and soft vinyasa throughout the whole pregnancy (but always let the teacher know at the beginning of the class so modifications can be given if needed).

Regarding more dynamic Yoga practices (Ashtanga or Vinyasa), if you were practicing prior to pregnancy, you can resume your practice after the first trimester. If you are new to Yoga, it might be better to take a Prenatal Yoga class, either private or in a group-setting. We do not have a group class available yet but ask us about it as we might consider it. Always check with your doctor for contra-indications.

Any doubts, you can send us an email info@agora-lisboa.com

14. Do you offer online classes?

Wednesday Meditation class (17h30-18h30) is online and Thursday Meditation class (12:30-13:30) may be open to online practitioners on demand. You can contact us to receive the Zoom link after registration.

15. I want to join the Mysore program, what should I know?

Check this page of our website for all the information about [Mysore Style Ashtanga](#).

We recommend complete beginners to join a couple of guided Ashtanga classes before entering the Mysore programme, to memorize the beginning of the sequence. The Mysore class of Thursday 19H30-21H is also dedicated to people getting started with self-practice.

We have 2 types of monthly passes for the mysore program : 3 times a week Mysore only, and 5 times a week + Led Primary series on Saturday. Check 4. for prices and conditions.

16. What is the Puja on Tuesdays?

The Puja is a Buddhist ritual space where we open ourselves to symbolism and imagination through chanting mantras, reciting dharma text, reading poetry and playing music. We create a safe collective space where each participant can live her/his own experience of sacredness and symbolism. Even though the ritual is Buddhist, it is open to all and does not require a religious approach.

These sessions are donation-based.

17. What is the 'Buddhist study group'?

The study group is reserved for Sangha (Buddhist community) members. Members of the sangha are frequent meditation students at Agora, who show interest in further exploring Buddhist philosophy and practices.

18. How to organize a private class?

A one on one session is tailored to fill the needs of each student. Beginners can work on the fundamentals of the practice and more experienced students can deepen their practice, progressing faster with individual attention. A private class also is a great option if you have a specific condition or are recovering from an injury for instance.

If you are interested in private or semi private classes, our meditation and yoga teachers are available on request. Write us an email at info@agora-lisboa.com for more information.

19. Can I eat before practice?

We recommend that you practice Yoga on an empty stomach (at least 2/3 hours after your last meal) and that you don't drink during practice. For Meditation, we suggest avoiding heavy meals right before a session.

20. Guideline for sharing Agora space

The shower is only available for morning Mysore practitioners (bring your own towel).

Kindly keep the building door shut at all times, and leave your shoes at the doorstep.

Both the Yoga Shala and the Meditation Dojo are digital-free zones. Make sure your phone is switched off during class, and leave it in the changing room.

Please keep the noise down in the corridor, since different practices are happening at the same time in the Shala, in the Dojo, and in the therapy room.

Regular Mysore students (3x week or more) can leave their Yoga mat in the changing room. Note that we do a clean-up of 'lost and found' personal items every season, and abandoned things will eventually be donated.

21. How to keep updated about events and programming at Agora?

You can check the [Events section](#) of our website to know about the next workshops, training, courses and retreats scheduled for the coming months. If you wish to receive regular updates in your mailbox, you can ask us to add you to our monthly newsletter by writing to info@agora-lisboa.com

If you are a regular student, you can also ask to be part of the Agora's Community Whatsapp group, where we share all the latest news and events !

22. Can I rent the space to organize my event at Agora?

You can rent our space for special events, workshops or training courses, either with an hourly or daily rate. Minimum rental duration is 2hrs.

The Shala (Yoga Room) can host up to 17 yoga mats or 25 people if seated on meditation mats and cushions. The rental price is 25 euros per hour, with an additional 30 min charge (12,50€) for setting up and tidying up for events. Rental for the whole day is 150€ (including use of material, changing room, kitchen).

The Dojo (Meditation Room) can host up to 14 seated participants (or 6 yoga mats). Rental price 20 euros per hour, with an additional 30 min charge (10€) for setting up and tidying up for events of 2 hours or more. A full day rental is 120€.

We have full week-end options. Option 1: All day Saturday + Sunday for 400 euros (Shala) or 300 euros (Dojo). Option 2: Half-day Saturday + Sunday (from 2pm) for 300 euros or 200 euros (Dojo).

Please note that heating is not included and is available at an extra cost in the winter.

23. I am a therapist, can I rent a space for private sessions?

We also rent an extra space for therapy. Therapists can use the Meditation Dojo or the Therapy room, including the use of massage futon or table. We also have a smaller office that can be used for seated consultations (such as naturopathy, hypnotherapy...). All the material is provided by Agora. Email us for price and condition : info@agora-lisboa.com

24. I am a Yoga teacher. I would be interested to teach at Agora.

The team of teachers at Agora is small, and they are all part of the Agora community, practicing there and attending the different events. Our team is complete at the moment, and we do not rent our space for regular (weekly) Yoga or Meditation class, only for occasional events (maximum once per month frequency). See section 22 for more information.

25. Do you offer Yoga teacher training?

We are working on our first Agora Yoga Teachers' training, which will start in September 2023. Ask us for more information.

26. Do you offer Meditation teacher training?

We train dedicated meditation students on an individual basis.