

APRIL 19-23 2023



**CHUCK MILLER
5-DAY INTENSIVE**

At Ágora Lisboa - Limited spots

5-DAY INTENSIVE SAMA - ASHTANGA YOGA

We are honoured to welcome Chuck Miller for the second time at Agora. Studying with Chuck is a real blessing. It transforms our perception of the practice, deepens our awareness of the breath and of the unconscious patterns of our body and mind. Don't miss the opportunity to join this 5-day immersion into breath and movement with one of the most senior Ashtanga teachers. We enjoyed it so much last year we decided to ask him for an extra day this time.



***This will not be your normal Ashtanga Yoga class.
It is intended to be an intensive burst of time to return to the roots, to the essence, to the beginnings of this great practice we call Ashtanga Vinyasa Yoga.***

Chuck is not only one of the most experienced Ashtanga yoga teachers, but he also has an inspiring, intelligent and enjoyable teaching methodology that encourages exploration of the more subtle aspects of the practice, which makes his workshops appropriate for both Ashtanga yoga practitioners and practitioners of other styles of yoga. These 5 days will give you tools to improve your practice for a life time of healthy and fun practice.

We will follow the traditional Ashtanga Vinyasa Yoga sequence taught by K. Pattabhi Jois in a sensitive approach that allows us to find Samasthiti in each asana, Protective actions (bandhas) will be taught to create stability, elongation and a healthy range of motion.

Vinyasa is a way to get from where you are to some other place. It involves a gradual, step-by-step, approach. The idea there is that there is almost nothing that you cannot do if you go slowly enough. That does not mean that we are trying to go slow. We do though need to go slow enough to get us from where we are to where we want to go. That is how we best can learn.

The workshop has a gradual structure, in the first sessions a "common vocabulary" is established to allow us to evolve step by step, so priority will be given to those who join the workshop on all 5 days, those who sign up for one session will be put on the waiting list.

Mornings will be dedicated to practice and afternoons will be divided between Asana Labs to go deeper into our understanding of the poses, and questions & answers sessions about Yoga and our relationship to the practice, how it impacts our lives and how can it help us grow.

This year, after 3 days of guided morning practice we will have some Mysore sessions in the mornings in order for returning students from last year to explore further the concepts applied in Chuck's methodology into their own personal practice. We will also work on different poses from the series and explore new themes in the afternoons of the intensive. This will make the intensive suitable to both new and returning students.

DETAILS AND REGISTRATION

PROGRAM:

Wednesday April 19th – Sunday April 23th
10h–13h Morning Practice
14h30–17h30 Afternoon Clinics and Q&A sessions

PRICE:

Full Intensive = 400 euros before January 31st 2023
460 euros after January 31st

Priority will be given to people wanting to join the 5 days

Price per day if space available : 100 euros

Full amount is required to save your spot given that spots
are limited and demand is high for this event.

Cancellation policy : 50% refunded up to March 19.

No refunds after March 19 (*you can find someone to
replace you if you cannot make it*)

REGISTRATION:

Fill out the Google Form and transfer the payment then
send us an email to confirm at info@agora-lisboa.com

<https://forms.gle/4BwSAdEpbjpsE2Wj7>

WHERE?

ÁGORA LISBOA

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