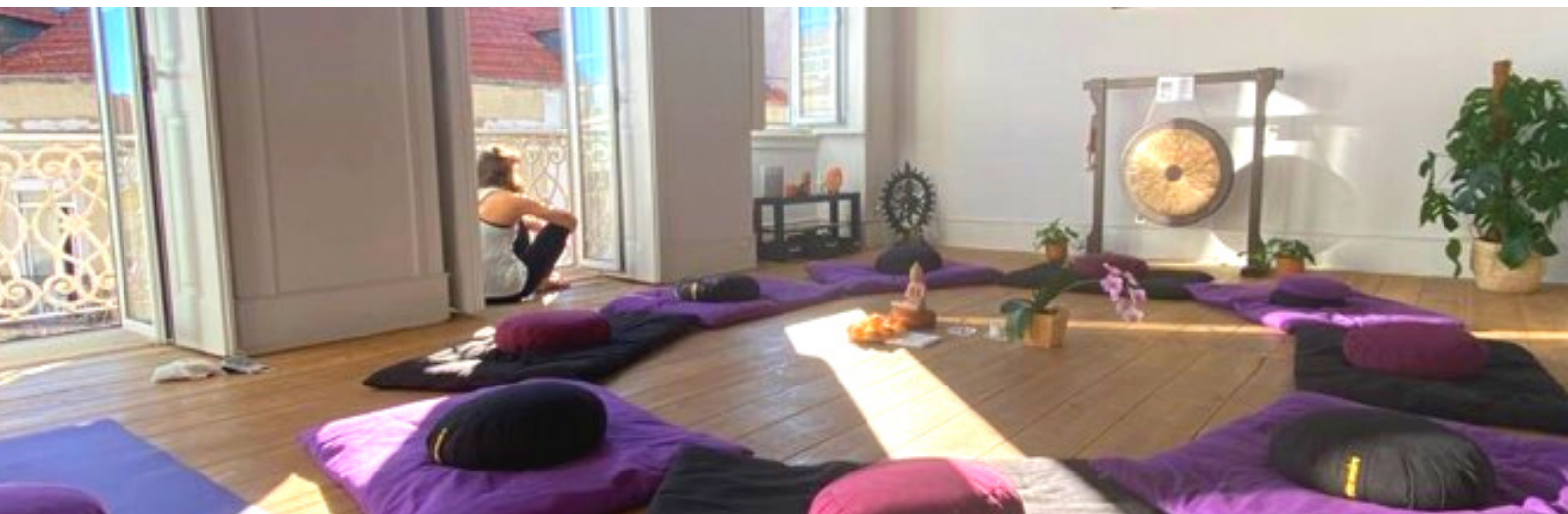


AGORA 2023

Find here Agora Programmation for
2023 Yoga and Meditation Retreats,
Special Guests Workshops and
Trainings



THE TASTE OF FREEDOM - MEDITATION RETREAT

2-5 MARCH

4-DAY Meditation Retreat in Alentejo
Led by Luis Salamanca and Sugharba (member of Triratna)

A PATH FOR GROWTH - SOUND THERAPY

2 APRIL

Sound Therapy Workshop at Agora
with guest teacher David Minguillon

CHUCK MILLER - SAMA ASHTANGA YOGA

19-23 APRIL

5-DAY Ashtanga Intensive Course at Agora
with guest teacher Chuck Miller

THE WHEEL OF LIFE - MEDITATION RETREAT

18-21 MAY

4-DAY Meditation Retreat in Alentejo
Led by Luis Salamanca

CULTIVER LA GRACE - RETRAITE YOGA

25/26-29 MAY

4/5-DAY Yoga Retreat in Charente, France (Dojo du Plessis)
Led by Sonia Ama (In French)

ASHTANGA YOGA SUMMER INTENSIVE WEEK

21-28 JULY

1-WEEK Ashtanga Vinyasa Yoga Intensive at Agora
Led by Sonia Ama and Vlad Mizikov

MOVING PRANA -ASHTANGA RETREAT

7-10 SEPT

4-DAY Ashtanga Yoga Immersion Retreat in Alentejo
Led by Sonia Ama and Vlad Mizikov

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BEGINNER THAI MASSAGE COURSE LEVEL 1

21-26 SEPT

6-DAY Thai Massage Course with Erica Bhavani

THE TRANSFORMATIVE POWER OF IMAGINATION - MEDITATION RETREAT

26 SEPT - 1 OCT

6-DAY Meditation Retreat in Alentejo
Led by Luis Salamanca and Amalamati (member of Triratna Order)

RON & MARLA ART OF ASSISTING TRAINING

11-15 OCT

5-DAY Teacher Training at Agora followed by Kirtan
With guest teachers Ron Reid and Marla Meenakshi Joy

BEGINNER THAI MASSAGE COURSE LEVEL 2

19-24 OCT

6-DAY Thai Massage Course with Erica Bhavani

RETRAITE YOGA ANNUELLE SONIA & MARINE

21-26 OCT

6-DAY Yoga Retreat in Alentejo (in FRENCH), Portugal
With Sonia Ama and Marine Duchesnes

AGORA YOGA TEACHER TRAINING PROGRAM

NOV -MAY 2024

Weekend Format 200h + TTC starting in November
Led by Sonia Ama and guest teachers

YOGA & MEDITATION COLOMBIA RETREAT

9-16 DEC

1-Week Agora Annual Yoga and Meditation retreat in Parque
Tairona, Colombia (Taironaka)
Led by Sonia Ama and Luis Salamanca

Find the flyers for each of these events on our website (agora-lisboa.com) and write us at
info@agora-lisboa.com for more information or to register