

4 SATURDAYS 11H30-13H30



**POWER VINYASA
LABS 2H**

**DEEPEN YOUR
PRACTICE WITH ADA
AND SONIA**



A series of 4x 2h Vinyasa Practices built for intermediate and experienced Yoga practitioners. Explore deeper body strength and flexibility, build up advanced Yoga poses in a safe and step-by-step approach.

SATURDAY JAN 21

GROUND & STAND (ADA)

- stability through the legs and feet
- bandhas and integrated movement
- balancing poses

SATURDAY JAN 28

OPEN & BREATHE (SONIA)

- elongation and mobility of the spine
- Awareness of the diaphragm and solar plexus opening
- deeper backbends

SATURDAY FEB 4

LIFT & PLAY (SONIA)

- shoulder girdle and weight-bearing on the hands
- building trust and compassion
- arm balances and handstands

SATURDAY FEB 11

INTEGRATE & TRANSFORM (ADA)

- full body core integrated movement
- transformation through fun & play
- animal flow

PRICE AND REGISTRATION

**20 EUROS PER SESSION (AGORA MEMBERS)
OR 2 CLASSES ON YOUR 10-CREDIT PASS
OR 12 EUROS FOR STUDENTS WITH MONTHLY PASSES**

25 EU FOR NON-MEMBERS

**If you sign up for the 4 Saturdays : pay 70 euros
instead of 80**

Sign up on Fitogram or via email
at info@agora-lisboa.com

DATES: JANUARY 21, JANUARY 28, FEBRUARY 4,
FEBRUARY 11