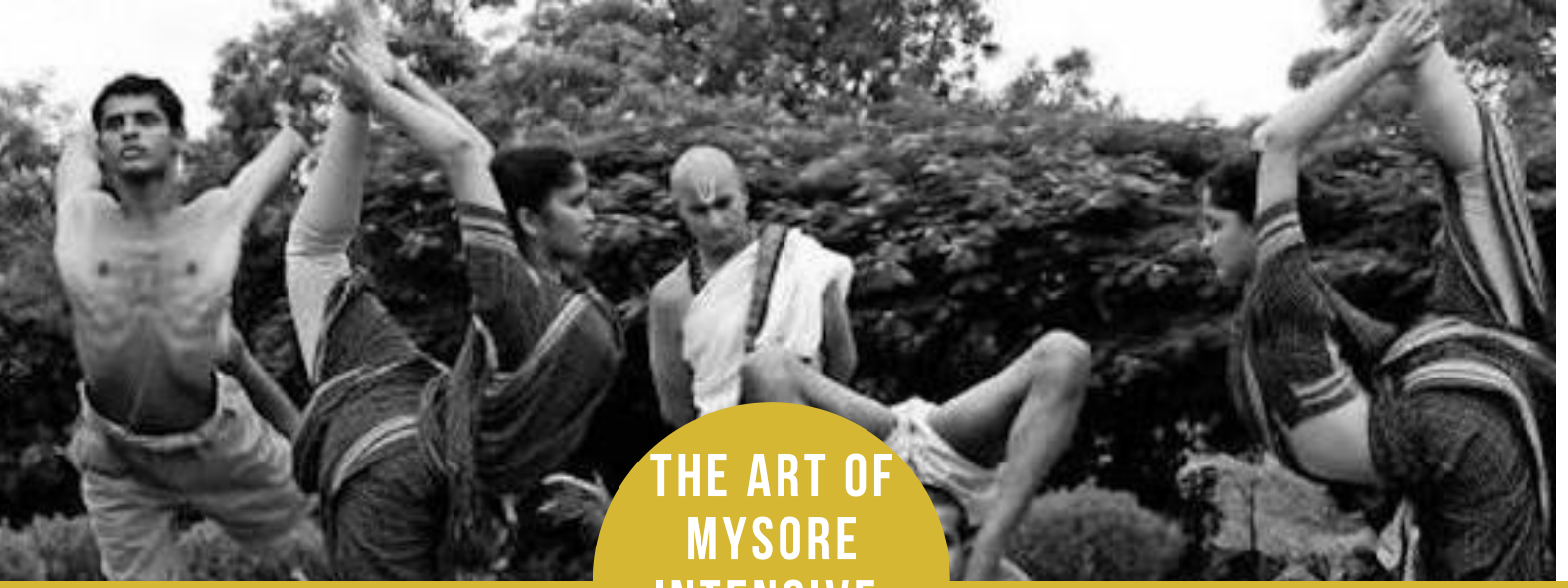


The Art of
Mysore
Week
Intensive
JULY 21-28

WITH VLAD MIZIKOV & SONIA AMA





**THE ART OF
MYSORE
INTENSIVE
JULY 21-28**

This week-long intensive is designed to help practitioners establish or delve deeper into a regular Ashtanga Vinyasa Yoga self-practice as taught in the Mysore tradition.

The focus will be on developing an enhanced sensitivity to movement and breath through building the foundation of Tristana (Ujjayi, Bandha and Drishti) allowing for the refinement of the practice and the eventual unfolding of deeper states of awareness.

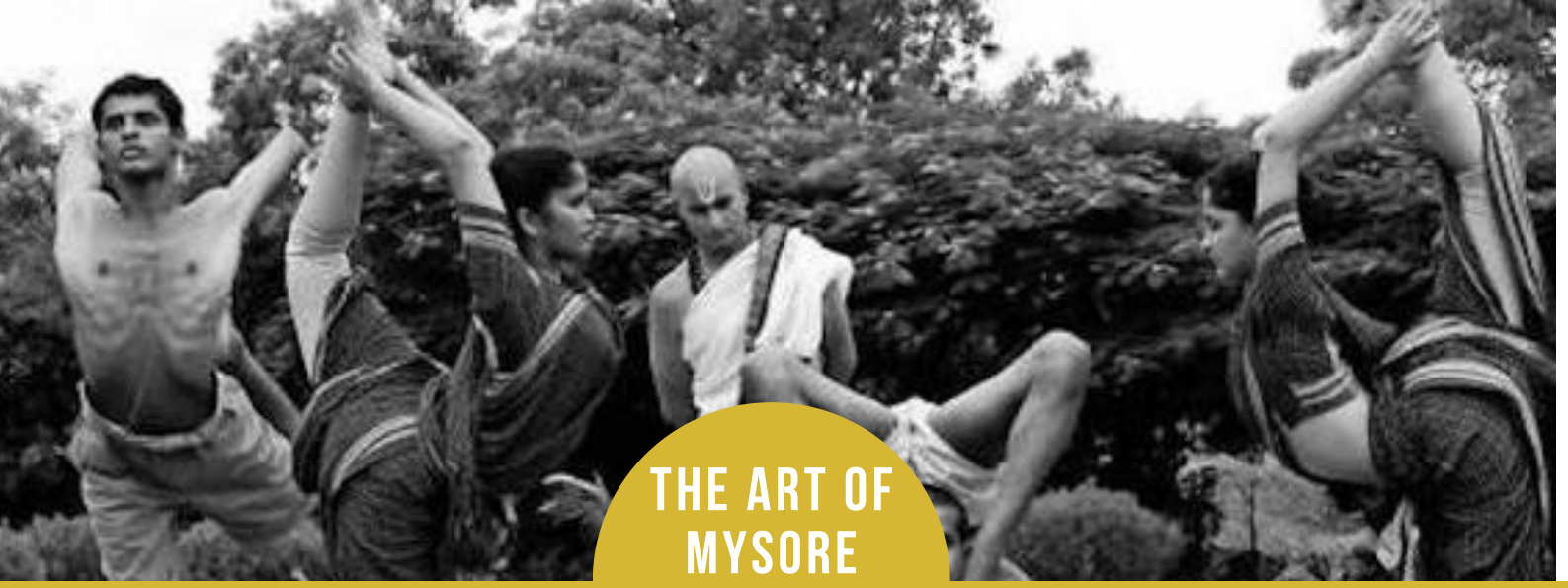
We will explore the subtleties of an embodied practice and the possibilities that arise from an integrated approach with the form and its philosophical underpinnings.

The cultivation of Sadhana through patience, consistency and embodied understandings can empower practitioners to take ownership of their practice resulting in a more intuitive and instinctive approach to the inquiry.

SEE MORE AT AGORA-LISBOA.COM



agora-lisboa.com
Rua Rafael de Andrade
23º Piso 2 Lisboa



THE ART OF MYSORE INTENSIVE JULY 21-28

DAILY SCHEDULE

MORNING PRACTICE 9:30 - 11:30

- Ashtanga Vinyasa Yoga Mysore Style Practice

11:45-13:00

- Pranayama
- Satsang (Yoga Sutra, Discussions about practice, Sitting Meditation)

AFTERNOONS SESSIONS 14:30- 16:30

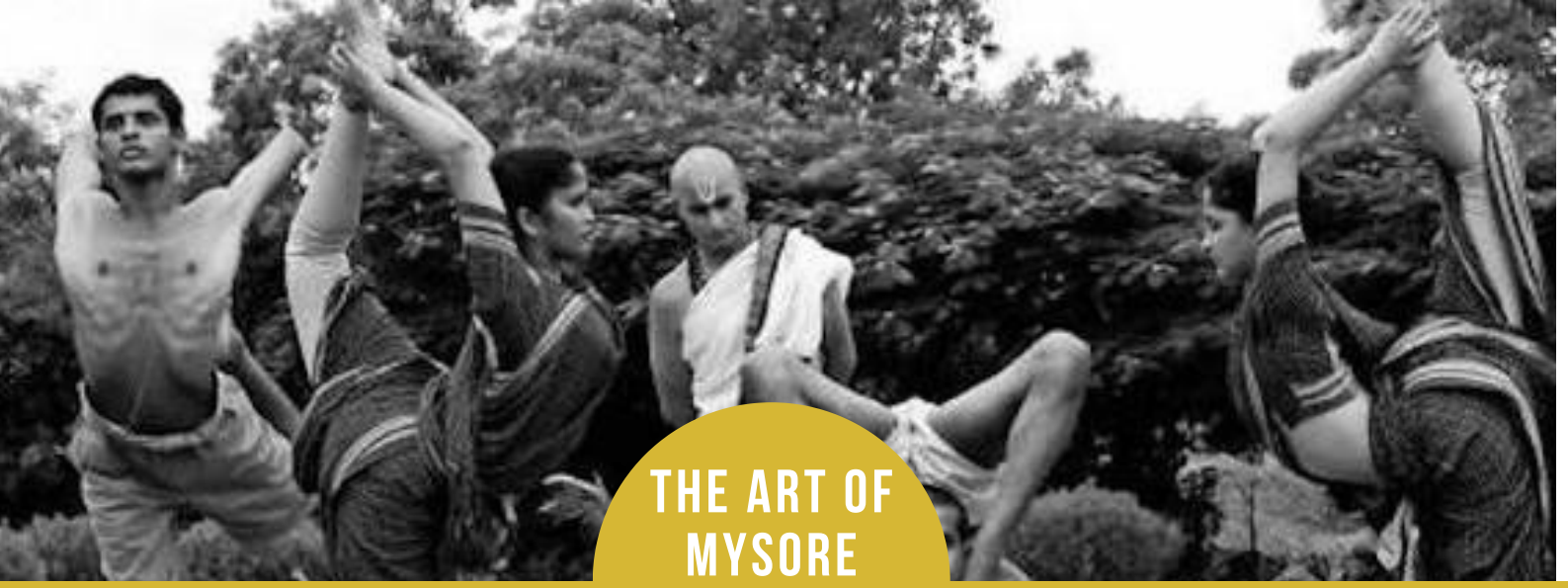
- The Art of Mysore workshops - Diving deeper into the practice. Some points of focus will include:
- The importance of Vinyasa and the use of the breath
- An approach to uncovering the subtiles of asana
- Setting up a balanced Mysore practice program that supports your constitution and current situation
- Learning to use yoga props to assist with the experience of a deeper sense of stability and support personal difficulties with the form.

There will be one day off in the middle of the week to allow for some rest.

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**THE ART OF
MYSORE
INTENSIVE
JULY 21-28**

DETAILS AND REGISTRATION

DATES & PRICES :

Start date Friday July 21 afternoon

End date : Friday July 28 after morning practices (12:00) with a potluck

Day Off: Wednesday 25/7

Join the Full Program: 420 EU

Join Only Mornings (7h30-12h) 210 EU

Early bird Price : 390 EU Registration before APRIL 1st

Food and Accommodation in Lisbon not included.

Spots are limited to 14 people

There will be a possibility to get Osteopathy treatments, Massages, or other therapies at Agora during the week.

You can find Sonia and Vlad's Yoga biographies and learn more about Agora on our website agora-lisboa.com or follow us on IG.

Email us if you have questions and if you wish to register soniaamayoga@gmail.com and vlad.mizikov@gmail.com

SEE MORE AT AGORA-LISBOA.COM

