



Ashtanga Yoga Going deeper 4-Week Course

**SATURDAYS IN APRIL
WITH SONIA**

**LEARN MORE ABOUT
ASHTANGA VINYASA
YOGA**

Principles of Hatha Yoga
Introduction to the Yoga Sutras
Reflection upon the Yamas and Niyamas
Opening and Closing Mantras
Challenges we face in our Yoga practice
How can the practice serve our lives

DEEPEN AND REFINE YOUR PRACTICE

Going deeper into the Primary Series
Using Ujjayi & refining the Breath in your
practice
Vinyasa & Transitions between Poses
Inversions & weightbearing on your
hands & head
Exploring the Finishing sequence
Introduction to Pranayama practice

**4 SATURDAYS 11H30-
13H30**

APRIL 8, 15, 22 & 29

80€ / 75€ for Agora Member
More info & registration:
info@agora-lisboa.com

This 4-week course follows the Level 1 4-week course in March.

Students who attended the Level 1 can join, as well as anyone who is already taking guided or Mysore Ashtanga classes.