



# Ashtanga Vinyasa Yoga Course

A step-by-step exploration of the practice

**Level II: 4-week course**  
Going deeper into your practice



**With Ada and Marion**

From Nov 8th to the 29th  
on Wednesdays, from 19h to 21h

**We are happy to continue with the Ashtanga Vinyasa Program at Agora Lisboa. The Level II is the second of a 3 Level-course taking place over a period of 6 months. Our intention is to transmit the tools for establishing a safe and stable Ashtanga practice, as well as moving forward in the Ashtanga series.**

Level I:

*Ashtanga Fundamentals*: 6-week course (Sept - Oct 2023)

**Level II:**

***Ashtanga Going Deeper***: 4-week course (Nov 2023)

Level III:

*Ashtanga for Regular practitioners*: 4-week course (Jan - Feb 2024)

*We suggest taking the courses in that order to support steady progress in your practice, although each course can be taken separately. We also recommend combining the course with one or more regular practices per week in order to integrate the courses' learnings efficiently.*

## LEVEL II: GOING DEEPER INTO YOUR PRACTICE

Keep progressing into the Primary Series of Ashtanga Vinyasa Yoga over this Level 2 / 4-week course. This course is built to help you deepen your practice and make it part of your daily life.

### FOR WHO?

It is made for students who followed the Level 1 course or any other Ashtanga Fundamentals course. We also welcome any practitioner wanting to deepen their Ashtanga Yoga practice and integrate a self practice in their life.

### PRACTICAL AND THEORICAL CONTENT

- Principles of spinal twists
- Exploring the difficult gate keeper poses
- Intro to arm balances
- Vinyasa & transitions between poses
- Working on the full finishing sequence (backbends & inversions)
- Building a Mysore self-practice



## SIGN UP FOR THE LEVEL II COURSE (Spots limited to 12)

**Price:** 80 euros (20 euros per session) for Agora Members; 90 euros (22,5 euros per session) for non-member.

*\*If you miss one Wednesday over the course you can replace the session with a regular Ashtanga guided class before the end of the course period.*

**Drop-in session** (if spots available): 20 euros for members and 25 for non-members.

### **For questions and registrations:**

info@agora-lisboa.com or access the Form.

