

CHUCK  
MILLER

LISBON

MAY 2024  
5-day intensive  
22-26



## 5-DAY INTENSIVE SAMA ASHTANGA YOGA



**This will not be your normal Ashtanga Yoga class.**

**It is intended to be an intensive burst of time to return to the roots, to the essence, to the beginnings of this great practice we call Ashtanga Vinyasa Yoga.**

Chuck is not only one of the most experienced Ashtanga Yoga teachers, but he also has an inspiring, intelligent and enjoyable teaching methodology that encourages exploration of the more subtle aspects of the practice, which makes his workshops appropriate for both Ashtanga Yoga practitioners and practitioners of other styles of Yoga.



These 5 days will give you tools to improve your practice for a life time of healthy and fun practice. We will follow the traditional Ashtanga Vinyasa Yoga sequence taught by K.Pattabhi Jois in a sensitive approach that allows us to find Samasthiti in each asana. Protective actions (bandhas) will be taught to create stability, elongation and a healthy range of motion.Vinyasa is a way to get from where you are to some other place. It involves a gradual, step-by- step, approach. The idea is that there is almost nothing you cannot do if you go slowly enough.

## DETAILS AND REGISTRATION PROGRAM:

Wednesday May 22nd - Sunday May 26th

10h-13h Morning Practice

14h30-17h30 Afternoon Clinics and Q&A sessions

## PRICE:

450 euros early bird price (until January 31st)

490 euros normal price

Priority will be given to people wanting to join the 5 days

Price per day if space available: 110 euros

Full amount is required to save your spot given that spots are limited and demand is high for this event.

## REGISTRATION:

Send us an email at [info@agora-lisboa.com](mailto:info@agora-lisboa.com)

