



# Ashtanga Vinyasa Yoga Course

A step-by-step exploration of the practice

**Level III: 4-week course**  
**Ashtanga for Regular Practitioners**



**With Marion Duval and Sonia Ama**

From Jan 24th to Feb 14th - on Wednesdays, from 19h to 21h

We are happy to continue with the Ashtanga Vinyasa Program at Agora Lisboa. The Level III is the third and last of a 3 Level-course taking place over a period of 6 months, that started in September 23. Our intention is to transmit the tools for establishing a safe and stable Ashtanga practice, as well to move forward in the Ashtanga series.

Level I:

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

Level II:

*Ashtanga Going Deeper*: 4-week course (Nov - Dez 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 III: ASHTANGA FOR REGULAR PRACTITIONERS

Keep progressing into the Primary Series of Ashtanga Vinyasa Yoga and get a glimpse at some accessible postures from Intermediate series over this Level 3 / 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 and/or Level 2 courses. We also welcome practitioners who have an established Ashtanga Yoga practice and wish to work with more challenging aspects of the series, diving deeper into the subtleties of the practice.

### PRACTICAL AND THEORICAL CONTENT

- Refining the difficult gate keeper poses and the transitions in and out of these poses
  - Introduction to Handstands
  - Jump back & Jump through
  - Refining finishing sequence poses
  - Introduction to Backbends from Intermediate series
  - Understanding the flow of Prana and the relationship to Bandhas
  - Assessing your needs in the practice based on Ayurvedic principles
  - Learning a short Pranayama sequence to integrate in daily life
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## SIGN UP FOR THE LEVEL III COURSE (Spots limited to 12)

**Price:** 80 euros for Agora Members; 90 euros 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):

22 euros for members and 27 for non-members

**For questions and registration:**

[info@agora-lisboa.com](mailto:info@agora-lisboa.com)

