

AGORA 2024

Agora Programmation for 2024 Yoga and Meditation Retreats, Special Guests Workshops and Trainings

ETHICS TO INSIGHT, A PATH OF LIBERATION - MEDITATION RETREAT

29 FEB - 3 MARCH

4-DAY Meditation Retreat in Alentejo
Led by Luis Salamanca and Segharba (Barcelona Buddhist Center)

CHUCK MILLER - SAMA ASHTANGA YOGA

22 - 26 MAY

5-DAY Ashtanga Intensive Course at Agora
with guest teacher Chuck Miller

LIFE WITH FULL ATTENTION - MEDITATION RETREAT

16 - 19 MAY

4-DAY Meditation Retreat in Alentejo
Led by Luis Salamanca

THE DISCIPLINE OF FREEDOM - ASHTANGA IMMERSION

5 - 9 JUNE

4-DAY Ashtanga Yoga Immersion in Alentejo
Led by Sonia Ama and Vlad Mizikov

THE VALUE OF SPIRITUAL FRIENDSHIP - MEDITATION RETREAT

10 - 15 SEPT

6-DAY Meditation Retreat in Alentejo
Led by Luis Salamanca and Amalamati (member of Triratna Order)

RICHARD FREEMAN & MARY TAYLOR - AWAKENING THE FLOWER BODY

23 - 29 SEPT

One-Week Ashtanga Vinyasa Yoga Intensive

BIFF MITHOEFER - YIN YOGA 3-DAY IMMERSION

11 - 13 OCT

With assistant teacher Julia Kupke

RETRAITE YOGA ANNUELLE SONIA & MARINE

22 - 27 OCT

6-DAY Yoga Retreat in South of France
With Sonia Ama and Marine Duchesnes (in French)

LINDA MUNRO - ASHTANGA DECONSTRUCTED

23 - 24 NOV

Conscious Ashtanga Yoga & Anatomy weekend
with guest teacher Linda Munro from Ashtanga Yoga Paris

Find the flyers for each of these events on our website agora-lisboa.com
Write us at info@agora-lisboa.com for more information or to register

