



Ashtanga Vinyasa Yoga Course

A step-by-step exploration of the practice

Level 1: 6-week course
Set good Foundations for your practice



With Sonia Ama and Tati Borga

From Mar 20th to Apr 24th - on Wednesdays, from 19h to 21h

The Level I program is the first of a 3 Level-course taking place over a period of 6 months, starting on March 06th. 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 (Mar - Apr 2024)

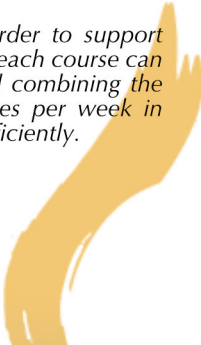
Level II:

Ashtanga Going Deeper: 4-week course (Apr - May 2024)

Level III:

Ashtanga for Regular practitioners: 4-week course (May - Jun 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 I: SET GOOD FOUNDATIONS FOR YOUR PRACTICE

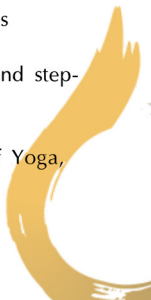
Get started with the practice of Ashtanga Vinyasa Yoga over this Level I/ 6-week course. The course is built to transmit the main tools to establish a safe and sustainable Yoga practice.

FOR WHO?

It is made for students new to Yoga or to the Ashtanga series, practitioners wanting to revisit the foundations of their practice or even get started again with their practice after a break from Yoga. After this course, you will be able to continue with Ashtanga Labs evening guided classes or practice Mysore-style in the mornings or evening.

PRACTICAL AND THEORICAL CONTENT

- Breath and body awareness;
- The linking of movement and breath;
- Alignment in the foundational Asanas (postures) of the Ashtanga Method;
- Refine the Sun Salutations and the Standing poses Sequence of Ashtanga;
- Finishing poses of the series with modifications and step-by-step approach when needed;
- The 3 pillars of the practice (Tristana);
- Philosophical framework of Ashtanga (the Path of Yoga, and why do we practice).



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

Price: 120 euros for Agora Members; 135 euros for non-Members

**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 25 for non-members

*Agora members can use 2 classes from the 10 classes pass for the drop-in session

For questions and registrations:

info@agora-lisboa.com

