

ABHYASA

Freedom within practice

JUNE 5-9



ALENTEJO 2024

5-DAY ASHTANGA RETREAT

"The house of being rebuilds itself eternally"

Nietzsche

What does it mean to practice? What is it that constitutes a practice? Why do we practice? In Ashtanga Vinyasa Yoga these questions are both directly and indirectly contemplated upon through the embodied action of repetitive practice. In effect, we create a loop whereby the repetition of practice begins to reveal the nature of practice. In the Yoga Sutra, Patanjali introduces us to the concept of Abhyasa - a perseverant spiritual practice. He then elaborates "But this practice is firmly grounded only after it has been cultivated properly and for a long time without interruption."

The message is clear: Repetition is what gives substance or ground to the practice. Or to be more precise, an action becomes a practice only when it is repeated consistently.

LED BY

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and
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If we apply the concept of Abhyasa to Patanjali's definition or aim of yoga to be the suspension of the fluctuations of the mind, we can infer that Yoga practice is an endeavour with the purpose of creating an undisturbed flow of consciousness - the forming and reforming of being's appearance into our perception. Through this practice our internalised conditions are brought to surface and become more comprehensible. This allows us to bear witness to our beingness within the larger pattern of existence.

Added to this equation is the quality of being without thirst for visible and revealed (or invisible) things, what Patanjali calls Vairagya. This is generally interpreted as a kind of dispassion or renunciation towards sensory delights - considered to be disturbances to the continuous flow of practice.

Abhyasa and Vairagya are thus given as the two foundational pillars of spiritual practice. As Simone Kotva says, Neither action nor passivity grounds spiritual exercise; it is the paradox of effort and grace that shapes it. It is here that yoga practice operates, in this dual domain of will and repose.



● Practice ● Gathering ● Nature ● Silence ● Nourishment





PROGRAM OF THE RETREAT

- The retreat starts on Wednesday afternoon (4pm arrival time)
- Opening of the retreat Wednesday evening - ending on Sunday after lunch
- **Mornings:** Mysore-style and guided Ashtanga practice Vinyasa practice/ Meditation
- **Afternoons:** Pranayama practice, workshops & Philosophy
- **Evenings:** Meditation / Mantras/ Discussion

This is an indicative program and we will adapt the program according to the unfolding of the retreat and needs of the group.

PRACTICALITIES AND INSCRIPTIONS

Price: 520 Eu

With EARLY Bird price 490 Eu (Registration before April 15)

What's included:

- Teaching
- Accommodation in shared bedrooms in beautiful spacious villa in a with a swimming pool (if the weather allows it)
- Delicious vegetarian meals and snacks
- Subsidised price available on request

*Price does not include transport to/from the Retreat centre. You can come by car or take a train from Lisbon to Grandola. Let us know if you need help organising a transfer from Grandola to the venue (15 mins by car).

More info & booking at info@agora-lisboa.com