



AWAKENING THE FLOWER BODY

**WEEK LONG IMMERSION WITH
RICHARD FREEMAN & MARY TAYLOR**



AWAKENING THE FLOWER BODY

SEPTEMBER 23-29TH 2024

LISBON, PORTUGAL

[Link in Bio to Book](#)

Reach out with questions to:
info@agora-lisboa.com



FREEMAN
TAYLOR⁴
YOGA



DATES:

SEPTEMBER 23-29TH 2024

SESSION TIMING:

MORNING | 8:30am
-12:30pm

AFTERNOON | 2-4:30pm

PRICE:

910€

LOCATION:

ART KAIZEN
LISBON, PORTUGAL

HOST:

AGORA LISBOA



FREEMAN
TAYLOR⁴_{YOG}



In this week-long immersion we will delve into the flowering process of awakening by exploring deep, internal forms and connections of the ashtanga vinyasa method adapted to the unique needs and circumstances of the individual. Health, age, injury, and our broader and deeper relationships with others will be brought into our adaption of the practices to reveal the freedom of what it means to simply be in the here and now.

Morning practice will include pranayama followed by asana detailing the traditional ashtanga series to find power in subtle alignment and new depth in old poses. We will bring the brilliant core of the central axis out through the forms of the postures, turning them into mudras of feeling and expression so that our practice is ever deepening, steady and safe, a source for inspiration.

In the afternoons we will practice chanting and meditation as well as dive into the philosophy of the Yoga Sutra as it reveals the secrets of complete awakening to the world of interdependence between people, cultures, and deep contemplative experience.

Appropriate for students of all levels of practice.

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