



Ashtanga Vinyasa Yoga Course

Going deeper into your practice

Level II: 4-week course
Going deeper into your practice



With Marion Duval and Sonia Ama

From May 8th to the 29th - on Wednesdays, from 19h to 21h

The Level II program is the second of a 3 Level-course taking place over a period of 6 months, starting on March 2024. 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)

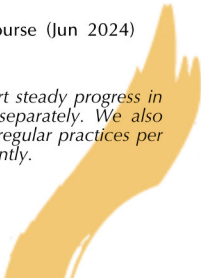
Level II:

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

Level III:

Ashtanga for Regular practitioners: 4-week course (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 II: GOING DEEPER IN YOUR PRACTICE

Keep progressing into the Primary Series of Ashtanga Vinyasa Yoga over this [Level II/ 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 course or any other Ashtanga Fundamentals course. We also welcome any practitioner wanting to deepen their Ashtanga Yoga practice and integrate a self practice in their life.

PRACTICAL AND THEORICAL CONTENT

- Principles of spinal twists
- Exploring the difficult gate keeper poses
- Intro to arm balances
- Vinyasa & transitions between poses
- Working on the full finishing sequence (backbends & inversions)
- Building a Mysore self-practice
- Reflection upon Yamas and Niyamas
- Opening and closing Mantras
- Introduction to Pranayama



SIGN UP FOR THE LEVEL II 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 or access the Google Form in our Linktree

