

BIFF MITHOEFER
&
JULIA KUPKE

LISBOA



11-13
OCTOBER 2024



WHAT IS YIN YOGA?

*While becoming silent and still,
we can listen to the stories our body holds.*

The heart of the Yin Yoga practice is not about specific structures, dogmas or even poses. It is not about how we look or how we perform when we practice. It's about the experience we have, about being truly present with ourselves and being able to peacefully perceive what is happening at the moment.

Yin Yoga is an externally calm practice that allows body work and inner work to meet and merge in an integrative manner. A fusion of yoga and meditation that sows calm, patience and humor in us. We stay in a physical position for a while to observe how a space opens up and to listen to what our body has to tell us. We give the body enough space and time to soften and let go while respecting our own boundaries.

Many people experience a feeling of deep physical relaxation and detachment during and after the Yin practice. On an energetic level, Yin Yoga encourages the flow of energy, can help release blockages and create positive health effects, so that we feel more powerful, balanced and relaxed.





What is this immersion about?

In this weekend immersion we will explore the basic principles of Yin Yoga and how the practice can affect our physical, energetic, mental and emotional bodies. It is an opportunity for practitioners to deepen their practice and for those teaching a gathering of new possibilities and inspiration. It does not replace a basic Yin Yoga training, but rather offers an introduction for those who are curious.

On Friday night, a special 2-hour session is an invitation to listen deeply and turn inward. We will open the windows of our natural internal refuge, where we are invited to slow down, to integrate, to digest and to remember of the simple and profound gift of just being.

The next 2 days will give us space to encounter the Yin Yoga practice and philosophy from different perspectives. We will use the practice to allow experience, learning and inspiration to emerge from a space of connection, presence and openness. Through formal practice, exercises and insights, the weekend is designed to provide an inclusive perspective on the body, emotions, mind and our nervous system. Through this holistic approach we can better understand the qualities of softness, flow, compassion, acceptance and harmony, in an integrative way.

Main topics we will be looking at:

- Philosophical framework and background of the Yin Yoga practice
- Effects of the practice on a physical, emotional and mental level
- Interfaces of Yin Yoga, meditation and mindfulness
- Insights into the conventional and subtle anatomy of our body
- Understanding the influence of the practice on the nervous system
- Understanding and overview of the classic Yin Yoga postures
- Use of props and individualization of personal practice



PROGRAM:

Friday 11th October: 19h-21h

Saturday 12th: 10h – 18h

Sunday 13th: 9h – 17h

WHERE:

AGORA Lisboa - Rua Rafael de Andrade, 23 - Piso 2

PRICE:

Full weekend: 330euros normal price

280euros Early bird (for bookings before June 15th)

10% discount for Agora students

Friday only: 35 euros (30 euros for Agora members)

**20 hour training certificate of completion included*

BOOKINGS:

Access the Google form via Linktree to book your spot

