

# 8-LIMBS OF YOGA

WEEKEND INTENSIVE WITH SONIA AMA



LISBOA

10-11 AUGUST

## AN EXPLORATION INTO THE DEEPER DIMENSION OF YOGA

Today when we think of Yoga, images of thin, athletic white women in tight brand-name Yoga pants are what come to our minds. One of the most harmful myths that creates confusion around the essence of Yoga is that it's simply a workout. It is even worse that Yoga is being used as a tool within a colonial, soft power diplomacy and/or capitalist agenda.

So how do we think of alternatives, **how do we decolonize Yoga?** We can start by vowing to learn the history of Yoga and adopt a practice that aids in liberation for all people. A good start is to learn the Eight Limbs of the Yoga Sutra and to study other Yoga philosophy texts and apply them to our lives in real time. Yoga is a holistic philosophy that teaches us how we can navigate life in a spiritually aligned way.

The Yoga Sutra (set of aphorisms) outlines these principles in an eight-limb system, or eightfold path. They were written between 200 and 500 B.C., by an Indian sage named Patanjali. In the second chapter, Patanjali describes this eight-fold path as “ashtanga yoga” (Sutra 2.29). These teachings can help us transcend human suffering and support our journey towards self-realization and ultimate freedom. A path that can free and expand our hearts.





## PROGRAM

Sat 10 - Sun 11

### **Mornings 9-12h30:**

Asanas, Pranayama & Meditation Practice

An Exploration of the 8-limbs within the

Ashtanga Vinyasa Yoga System

*(Open to all levels of practitioners including long-term Ashtanga practitioners. If you are a Beginner in Ashtanga, we recommend taking a few guided or Mysore-style classes prior to attending)*

### **Afternoons 14h-16h30:**

Yoga Philosophy and Discussion

The Eightfold path: Reading the Yoga Sutra

of Patanjali in the context of our lives

Yoga as a tool to realize and foster

interconnectedness

This weekend workshop is designed for any Yoga practitioner or Yoga teacher willing to deepen his/her understanding of Ashtanga Yoga practice and philosophy. It will particularly suit individuals interested in Yogic philosophy and ethics and tempted to question the “physical only” dimension of westernized Yoga.

## **WHERE:**

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

## **PRICE:**

Community price: 100 euros

Regular price: 150 euros

Supporter price: 180 euros

\*This workshop will be maintained with a minimum of 6 participants. Maximum capacity : 14 people

## **BOOKINGS:**

Access the Google form via Linktree to book your spot

