



AGORA

Ashtanga Vinyasa Yoga Course

LEVEL III: ACROSS THE SERIES

**4 WORKSHOPS TO EXPLORE THE FIRST 3 SERIES OF
ASHTANGA IN A PLAYFUL AND CREATIVE WAY**



With Marion Duval and Sonia Ama

Wednesday of July 3-10-17-24 - from 19h to 21h

Each class will start with a flow of poses targeting specific action or body area, and will build up toward challenging poses in a workshop style. We will explore arm balancing, back bend and deeper hip opener poses.

Open to regular practitioners of either Vinyasa or Ashtanga Yoga, the course aim at supporting both practices.

PRICE:

Full course: 90eu for members / 100eu non-members.

Drop in : 25eu Members / 29eu non-members

BOOKINGS:

Access the Google form via Linktree to book your spot

