

SAMA - ASHTANGA

7-DAY INTENSIVE
WITH CHUCK MILLER



LISBOA 2025
MAR 26 - APR 1



This will not be your normal Ashtanga Yoga class.

It is intended to be an intensive burst of time to return to the roots, to the essence, to the beginnings of this great practice we call Ashtanga Vinyasa Yoga.



Chuck is not only one of the most experienced Ashtanga Yoga teachers,

but he also has an inspiring, intelligent and enjoyable teaching methodology that encourages exploration of the more subtle aspects of the practice. His workshops are hence appropriate for practitioners of all levels and all yoga styles.



These 7 days will give you tools for an improved, healthy and fun life-long practice. The traditional Ashtanga Vinyasa sequence taught by K. Pattabhi Jois will be approached in a sensitive way that allows us to find Samasthiti in each asana. Protective actions (bandhas) will be taught to create stability, elongation and a healthy range of motion. Vinyasa is a way to get from where you are to some other place in a gradual, step-by-step, approach. **There is almost nothing you cannot do if you go slowly enough.**

PROGRAM:

10h-13h Morning practice

14h30-17h30 Afternoon clinics and Q&A sessions

PRICE:

Full 7-day workshop: 660 euros

Local community price upon request: 585 euros

**Returning students:*

March 29 to April 1 (4-day): 400 euros

March 29 & 30 (Weekend only): 200 euros

**For returning students only, we offer the possibility to dive deeper into the concepts already studied and enjoy the Mysore practice with Chuck, while attempting only 4 days or only the weekend.*

BOOKINGS:

E-mail info@agora-lisboa.com or Google Form (link in the bio)