

AGORA LISBOA - YOGA & MEDITATION - WEEKLY PLANNING 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H - 9H30 MYSORE PRACTICE MARION	07H - 9H30 MYSORE PRACTICE SONIA	07H - 9H30 MYSORE PRACTICE MARION	07H - 9H30 MYSORE PRACTICE SONIA	07H - 9H30 MYSORE PRACTICE SONIA		
		11H30 - 12H30 ASHTANGA SHORT MARION/ TATI			09H - 11H MYSORE PRACTICE// LED PRIMARY SERIES*** SONIA	10H - 11H15 SLOW & SOFT VINYASA MARION
					11H30 - 12H30 ZEN MEDITATION LUIS	11H30 - 12H45 POWER VINYASA MARION
		17H30 - 18H30 MEDITATION (Online/On Site) LUIS				
	18H - 19H15 ASHTANGA I TATI		18H - 19H15 YIN YOGA SONIA			18H - 19H15 RESTORATIVE YOGA & SOUND CAROLINA
19H - 20H30 ASHTANGA II ADA	19H - 20H MEDITATION LUIS 20H15- 20H45 PUJA	19H - 20H45 BUDDHIST SANGHA STUDY & TALKS	19H - 21H DHARMA/ MINDFULNESS COURSE*	19H - 21H FRIDAY MAGIC SPECIAL CLASS// WOMEN CIRCLE**		
	19H30 - 20H45 YIN YOGA TATI	19H - 21H SPECIAL YOGA COURSES*	19H30 - 20H45 DYNAMIC YOGA TATI			

ALL LEVEL
LEVEL 1
LEVEL 2
COURSES/ WORKSHOPS
LISBON BUDDHIST CENTER CLASSES

Yoga Classes are given in the Shala, Meditation Classes are given in the Dojo.

* Wednesdays evenings are reserved for Themed Yoga Courses and Thursdays evenings are reserved for the Dharma/Mindfulness courses.

Check our program!

** Every first Friday of the Month we offer a Special Class, and every Last Friday of the Month we offer a Women Circle.

*** First Saturday of the Month the Ashtanga practice is a Led Class - Full Primary Series Guided. The other Saturdays are Mysore practice.