

THE ANCHORS OF OUR PRACTICE



WITH
ADA AND CAROLINA

DEEPEN YOUR PRACTICE AND EXPLORE TRISTANA

Go deeper in the exploration of your Ashtanga Vinyasa Yoga practice with this 4-week course where we'll look closer to the more subtle aspects that enhance and anchor our practice: *breath, bandha and drishti*.

FOR WHO?

It is made for students who followed the Module 1 Fundamentals course or any other Ashtanga course to help them familiarise with the practice. We also welcome any practitioner wanting to deepen and refine their Ashtanga Yoga practice in order to integrate it in their life.

PRACTICAL AND THEORETICAL CONTENT

- Breath: Exploring Ujjayi and the role of breath in movement, vinyasa transitions and nervous system regulation, a glimpse into Pranayama
- Bandha: Introduction to the internal energy locks, exploring their power in finding stability and lightness, working with the ground and opposing forces
- Drishti: Exploring gaze as a tool for alignment, meditation and embodying Asana

SIGN UP FOR COURSE

(Spots limited to 12)

DATES

26 of March & 2, 9 and 16 of April - from 19h to 21h

PRICE FOR THE FULL COURSE

Members: 80€ *(get 10% off your regular class pass when you join the full course)*

Non-members: 90€

**If you miss one Wednesday over the course you can replace the session with a regular Ashtanga guided class before the end of the course period.*

DROP-IN SESSION

(if spots available)

Members: 20€

Non-members: 25€

FOR QUESTIONS AND REGISTRATIONS:

info@agora-lisboa.com and Bsport