

4 WEDNESDAYS

SPECIAL YOGA COURSE

ASHTANGA MINDFUL ALIGNMENT



WITH MARION DUVAL

APRIL 30 - MAY 21

19H - 21H

STABILITY AND EASE : EXPLORE THE UNIVERSAL PRINCIPLES OF ALIGNMENT IN YOUR YOGA PRACTICE

Understanding and practicing the principles of alignment in Yoga allows us to honor the body's natural structure and mechanics while ensuring that energy flows efficiently through every asana. Alignment is about creating stability, releasing unnecessary tension, and cultivating awareness. We'll explore how key areas—pelvis, spine, shoulders, arms, hands, hips, knees, and ankles—contribute to overall harmony, all starting from the foundation of Samasthiti to build balance and move into endless variations.

FOR WHO?

All level except complete beginners. Ashtanga Fundamental Course or another 4-Week Course is a pre-requisite if you don't have a regular practice. Regular and experienced practitioners welcome.

PRACTICAL AND THEORETICAL CONTENT

- Integrity of the Joint and Muscle Engagement: where to engage and where to release to find stability, strength and ease

- Building a common language: Samasthiti as fundamental alignment pose from which we move towards complexity

- Exploration of key areas over 4 sessions:
 - Spine and pelvis alignment
 - Shoulder girdle/arms/hands complex
 - The hip, knee and ankle chain

SIGN UP FOR COURSE

(Spots limited to 12)

DATES

April 30 & May 7,14,21. Wednesdays - 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