

THE ART OF VINYASA THEMING

A 25-HOUR VINYASA TEACHER TRAINING
WITH RON REID AND MARLA MEENAKSHI JOY



LISBOA 2025
SEPTEMBER 18-21

FOR TEACHERS AND REGULAR PRACTITIONERS ALIKE

This 4-day intensive offers a deep dive into creating targeted themes for your yoga classes, designed to elevate your skills as a teacher and self-activate a richer, more transformative teaching experience for both you and your students. ***You don't need to be a teacher to attend and benefit from this training.***





IGNITE YOUR CREATIVITY AND EXPLORATION IN YOUR OWN PRACTICE AND/OR CLASSES

- Unlock your creativity by designing classes around specific asanas (postures) that open and/or strengthen the body parts needed for each pose.
- Integrate meditation and pranayama practices that support and enhance your class theme.
- Explore how to incorporate music, quotes, language, imagery, yoga philosophy, chanting, and more to deepen the student experience and spark insights.
- Learn how to adapt a Vinyasa sequence to accommodate different bodies and levels of practice.
- Find your voice: Discover how to communicate authentically and creatively as a teacher.

SCHEDULE

10h– 11h30: Themed Vinyasa Led Practice

11h30– 12h45: Lunch

12h45– 15h15: Asana Lab

15h30– 17h30 (Thu, Sun) / 18h (Fri, Sat): Teaching Techniques

PRICE

Early bird price (*until July 1st*) and Local Community price (*upon request*): 390€

Normal price: 460€

BOOKINGS

E-mail info@agora-lisboa.com or Google Form

