

**ASHTANGA
FUNDAMENTALS
6-WEEK
COURSE**



**WITH
MARION AND TATI**

SET GOOD FOUNDATIONS TO YOUR PRACTICE

Get started with the practice of Ashtanga Vinyasa Yoga over this Module I/ 6-week course. The course is built to transmit the main tools to establish a safe and sustainable Yoga practice. This Module I program will be followed by a Module II - to go deeper into the teachings, over 4 week in early 2026.

FOR WHO?

It is made for students new to Yoga or to the Ashtanga series, practitioners wanting to revisit the foundations of their practice or even get started again with their practice after a break from Yoga. After this course, you will be able to continue with Ashtanga Lab evening guided classes or practice Mysore-style in the mornings.

PRACTICAL AND THEORETICAL CONTENT

- Breath and body awareness;
- The linking of movement and breath;
- Alignment in the foundational Asanas (postures) of the Ashtanga Method;
- Sun Salutations and the Standing poses Sequence of Ashtanga;
- Finishing poses of the series with modifications and step-by-step approach when needed;
- The 3 pillars of the practice (Tristana);
- Philosophical framework of Ashtanga (the Path of Yoga, and why do we practice).

SIGN UP FOR COURSE

(Spots limited to 12)

DATES

November 8, 15, 22 and 29 and December 6 and 13 - always on Saturdays, from 11h30 to 13h

PRICE FOR THE FULL COURSE

Members: 110€ *(get 10% off your regular class pass when you join the full course)*

Non-members: 125€

**If you miss one Saturday 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