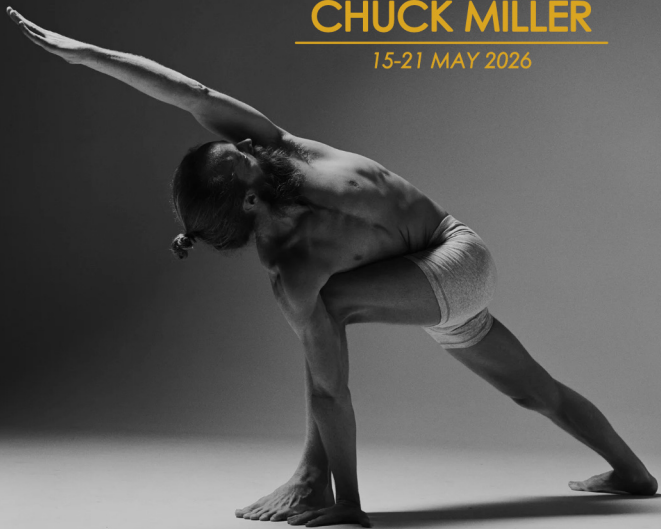


SAMA ASHTANGA INTENSIVE
& HANDS-ON ASSIST TRAINING WITH

CHUCK MILLER

15-21 MAY 2026



About the intensive

This is not your usual Ashtanga workshop. Over 7 days with Chuck Miller, one of the most experienced and respected Ashtanga teachers worldwide, we will return to the roots of practice - slowing down, looking deeply, and rediscovering the essence of yoga.

This year the intensive is offered in two parts:

15-18 May

4 Days Sama Ashtanga Foundation

19-21 May

3 Days Hands-on-Adjustments training



4 days of Ashtanga Vinyasa Intensive (15-18 May)

Open to all levels, beginners and experienced practitioners alike

We begin, as Ashtanga Yoga always does, at the beginning. This is an invitation to return to the roots, to reconnect with the foundations, and to see the practice with new eyes. We will slow things down and turn our attention toward the subtle aspects that bring depth and clarity. By observing, identifying, and gently reconditioning habitual patterns of body and mind, we open the door to true transformation. We make the body more spacious, the practice more sustainable, and the path of yoga more profound. As Chuck says "All great things are made of many very small things."





Hands-on Adjustments training (19–21 May)

3 days of practical training - recommended for teachers & experienced practitioners

In this second stage, Chuck shares his incredible approach to hands-on adjustments: how to support students safely, respectfully, and effectively. We will explore when to adjust, how to adjust, and most importantly, why. Through practice, observation, and discussion, participants will learn to offer adjustments that are rooted in sensitivity and presence - empowering students while protecting their integrity. This work will deepen both your teaching and your own practice.

SCHEDULE

10h-13h: Morning practice (guided Ashtanga or Mysore style)

14h30-17h30: Philosophy, afternoon clinics and Q&A sessions

LOCATION

Agora Lisboa - Rua Rafael de Andrade, 23 -2E

PRICE

Full 7-day workshop: 660 euros (Local community price upon request: 585 euros)

4-day / Part 1 only Sama Ashtanga foundation: 380euros (local community price: 330euros)

3-Day / Part 2 only Hands-on Adjustments: 285 euros (local community price: 255euros)

REGISTRATION

Googleform on the website or info@agora-lisboa.com

Places are limited, early registration is recommended!