



ASHTANGA YOGA
WORKSHOP WITH

GÉRALD DISSE

21-22 MAR 2026

This first weekend of spring, we are delighted to welcome Gérald Disse for two days of Ashtanga Yoga practice and study. Gérald is one of the most experienced Ashtanga teachers in Europe, with decades of dedication to Yoga, Pranayama, and Meditation.

On top of the traditional Ashtanga series, we will explore some deep cleansing practices (kriyas), some energizing and relaxing breathing techniques (Pranayama) and we will learn how to calm our restless minds with meditation working on the subtle energy centers in the body (chakras).



Saturday, March 21

Kriyas & Mysore (9h–11h30)

We begin the day with traditional cleansing techniques (kriyas), followed by Mysore-style practice. Each student works at their own rhythm, while Gérald offers guidance and adjustments to support the practice individually. Mysore Style Ashtanga is like having a private class in a group setting!

Pranayama & Chakra Meditation (13h30–16h00)

An introduction to the art of yogic breathing, drawing from the Hatha Yoga Pradipika and teachings of Pattabhi Jois. Learn energizing and calming breathing techniques, then explore chakra meditation with mudra, mantra, and breath to experience yoga in its deeper dimensions, inviting calm and clarity.

Sunday, March 22

Led Primary Series (9h–11h30)

A guided Primary Series taught at a slower rhythm to allow space for observation and refinement. Modifications will be offered so that everyone, from beginners to more advanced practitioners, can find depth in the practice.

Backbends & Intermediate Exploration (13h30–15h30)

We will work progressively into backbends, finding strength, openness, and stability. From there, Gérald will guide us into selected postures of the Intermediate Series, making them accessible and insightful for all.

About Gérald

Gérald discovered yoga in 1989 and has been teaching since 1996. Introduced to Ashtanga Vinyasa Yoga by Sri K. Pattabhi Jois in Mysore, he studied with him for many years and was among the first French practitioners authorized to teach. Gérald has since taught extensively across Europe, the USA, and Australasia. Alongside Ashtanga, he maintains a dedicated pranayama and meditation practice under the guidance of Sri O.P. Tiwari. After years teaching daily Mysore style Ashtanga in India's Auroville community, Gérald returned to France, where he co-founded Ashtanga Yoga Paris with Linda. In 2019, they expanded their teaching to the Côte d'Azur with Ashtanga Yoga Golfe Juan. He is an Experienced Registered Yoga Teacher with Yoga Alliance.



WHERE

Agora Lisboa - Rua Rafael de Andrade, 23 2E

PRICE

Regular price: 230euros

*Early bird (until 15/12/25):*190euros

Local community price: 200euros (upon request)

Sat/Sun only: 120 euros

Booking: fill out the googleform via linktree to book your sport or email info@agora-lisboa.com