

Embodying — — Yoga

MONTHLY ONLINE STUDY GROUP

FOR YOGA REGULAR
PRACTITIONERS AND AGORA TTC
STUDENTS WHO WISH TO DEEPEN
THEIR CONNECTION TO YOGA
PHILOSOPHY & WAY OF LIFE

3-part Format

A REFLECTION ON YOGA

Each month, a text or a book extract on Yoga Philosophy will be picked to explore a dimension of Yoga. Buddhist philosophy will also be part of the topics explored. We will reflect on how it can help us grow and develop.

AN OPEN DISCUSSION

Topics discussed will include the theme of the month, and reflections on teaching or practicing Yoga. Questions can be shared between sessions via email or spontaneously brought up during class.

PRACTICE OF THE MONTH

A practice will be suggested to connect to embodied sensations arising in response to the reflection of the month and to explore ways of integrating them. Ex: breathing, asana, meditation, mantra, journaling, self-inquiry exercises, etc

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*Ethical conduct,
honesty, and
compassion are at the
heart of the practice.
(Richard Freeman)*

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Details

Time : One Friday per month
17h-18h30 Portugal time
Price: 60 euros 3-month
(20 eu /session)

Join Live on Zoom OR Get the
recording

More info and registration:
soniaamayoga@gmail.com

**3-month
commitment
minimum**

STARTING IN JANUARY
2026