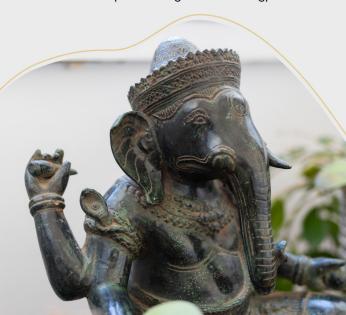
EMBODYING YOGA

A Monthly Study & Inquiry Group with Sonia Ama

Starting in January 2026
Online (Join live or get the recording)



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, asang, meditation, mantra, journaling, self-inquiry exercices, etc.

Time: One Friday per month 17h-18h30 Portugal time Price:

3-month commitment minimum 3 months: 60 euros (20eu/session) 6 months: 108 euro's (-10%) 10 months: 180 euros (-10%)

Join Live on Zoom OR Get the recording

More info and registration: soniaamayoga@amail.com