

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, asana, meditation, mantra, journaling, self-inquiry exercises, etc

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

Price:

3-month commitment minimum

3 months: 60 euros (20eu/session)

6 months : 108 euros (-10%)

10 months: 180 euros (-10%)

Join Live on Zoom OR Get the recording

More info and registration: soniaamayoga@gmail.com