

# Agora Lisboa's ASHTANGA VINYASA YOGA TEACHER TRAINING 2026



*Life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken. Awaken! Take heed, do not squander your life.*

*Dogen (Zen Master)*

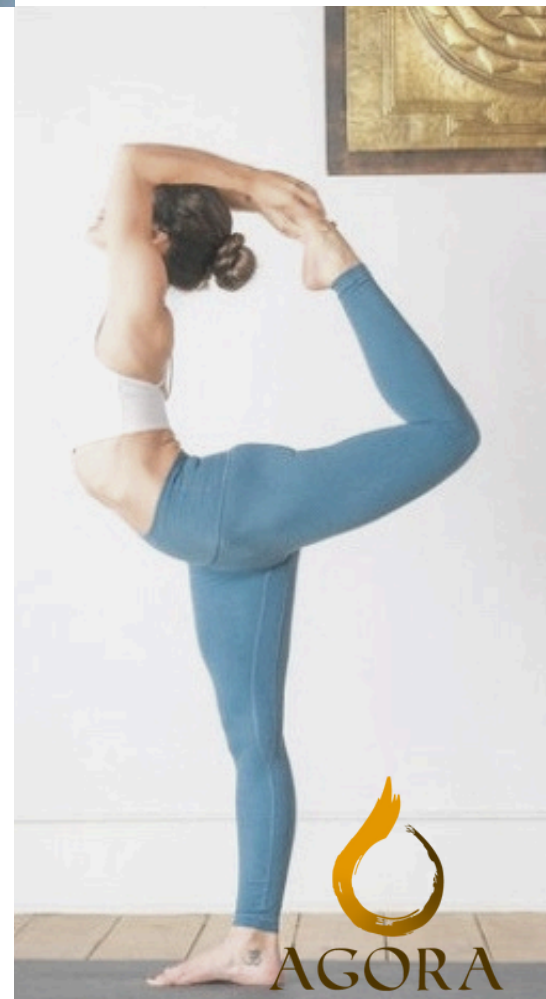
## 200h Yoga Teacher Training

Agora Lisboa is happy to announce the next edition of the Teacher Training Course (TTC).

This training is a collaborative program bringing together, under the leadership of **Sonia Ama**, a group of experienced teachers and professionals of different fields, to provide a high quality, in-depth training over the course of several months and over 200 hours of training.

The TTC's main focus is Ashtanga Vinyasa Yoga and includes the study of Yoga as both a physical, energetic, mental and ethical practice and discipline. **We approach Yoga as a life-supporting tool with the potential to transform and develop our lives, physically, mentally and spiritually.**

Collaborations with other teachers include the Hands-on assists, Anatomy, Art of Touch, Meditation and Buddhist philosophy. **Read more to learn about our approach.**



# OUR VISION

**Our core values define the way we interact during the Course and the approach we have regarding teaching Yoga and integrating it into your life**

## Holistic perspective

**Body, Mind, Spirit are facets of one reality.** During the training, we explore different philosophy systems that consider the **unity of Body and Mind** (Yoga philosophy, Buddhism, Ayurveda), and approach Yoga from the physical, mental, intuitive and emotional perspective. We delve into the multiple dimensions of our being through practices, study and self-inquiry, while cultivating an ever-present awareness of interconnectedness in life.

## Yoga as a Meditation in Movement

Yoga (Union) and Meditation (one-pointedness) are ultimately the same thing. Through Yogic practices (asana, pranayama, meditation, ethics) we follow a path that brings us closer to an **internal union, a sense of integration**. Cultivating clarity of mind and fluidity of Prana (life energy), it becomes easier to see what is in front of us, moving away from the suffering caused by ignorance or not knowing (avidya),

Although this training is focused on the Ashtanga Vinyasa Yoga system and includes plenty of Asana study (physical aspect), we also integrate sitting meditation to our practice and look at Ashtanga Vinyasa Yoga as a Meditation in Movement. Through meditation classes, we explore the parallels between the messages conveyed by Yogic tradition (specifically the Yoga Sutra as well as other texts from Yoga literature) and Buddhist teachings. Meditation techniques associated to Asanas practice can help us deepen our awareness of the "citta vrittis", or fluctuations of the mind.



## Mindful approach to the Asana practice

As you probably know if you are already practicing at Agora, with Sonia or another of our teachers, our approach of Ashtanga Vinyasa Yoga Asana practice is based on the principles of breath, integrity, alignment and a balanced way of practicing, stimulating yet mindful. During the training, we look in details to the entire Primary Series of Ashtanga to learn how to teach it. We take a step-by-step approach to the practice, focusing on building safe postures, where one can go really deep into the experience of the pose without fear of injury. Practitioners who have already started Intermediate series or are ready to start during the course will be able to practice it and receive guidance during the Mysore mornings.

We put great emphasis on alignment, the understanding of the primary and secondary actions in each pose from an anatomical perspective, while searching for energetic balance, using the breath as a key.

We teach assisting skills, including hands-on, that are respectful of these principles, emphasizing the right for all practitioners to decide for themselves. There is plenty of time to practice these adjustments on each other during the course as well as during the assisting hours.

## A sense of community

At Agora, one of our main wishes and focus is to foster a sense of interconnectedness within the people participating in classes, trainings, and activities. We believe that if we can cultivate this connection at the level of a community of practitioners, then we can expand our awareness in the rest of our relationships and produce ripple effects over our social circles, reaching more and more people. This means cultivating a friendly and open state of mind making it easy to meet and build ties with each other.



We will have a WhatsApp group to share resources throughout the training. Some events or gatherings will be organised during the year to create the opportunity for our practice of Yoga to also flourish off the mat, in between our training sessions. Hopefully together we can create a supportive and motivating environment in which learning is facilitated for all and connection can naturally deepen over time.

## **Self-study (Svādhyāya) & responsibility**

It is important to keep up with our practice ! It seems obvious if one wishes to embark on a Yoga training journey, but it is worth mentioning as one of the foundations for any progress and integration of the teachings: practicing consistently. We need to keep a consistent practice, even more when taking part of the training online. Student's responsibility includes doing the homework, readings, taking notes, coming up with questions the following times, etc. It also includes keeping track of the schedule and program, the announcements, knowing what to bring and what to prepare for the training weekends. And of course to take general care for the space that has been set up as a learning environment.

## **Fostering Creativity: a methodology**

Creativity is very important in our lives and a balanced Prana or vital energy allows for this creativity to manifest. During the training, we emphasis on placing the teachers trainees at the center of the learning process and training narrative. Creative methodology tools are used to make your learning fun and efficient.

Each participant will work on a creative Yoga project over the Training and present it to the group at the end of the course.



# AREAS OF FOCUS

- **Ashtanga Primary Series Āsanās** in depth practice and study: **Alignment, Āsanās lab, Hands-on adjustments**, with a strong focus on the **breath** and flow of Prāna. Mysore-style & guided practices
- **Physical and Physiological Anatomy:** Body Systems and Organs, Functional Anatomy, Palpatory Anatomy, Anatomy of the Breath.
- **Energetical Anatomy:** The Subtle Body, Koshas, Prāna, Chakras System
- **Teaching Yoga: Guiding Ashtanga Yoga class, Sequencing Vinyasa Yoga classes.** Create classes tailored-made for the practitioners ; learn yoga vocabulary and the use of verbal cues ; Pedagogy and Methodology skills ; Hands-on Adjustments ; **Finding your own voice as a teacher**
- **Ethics :** Teaching and Yoga Ethical inquiring
- **Yoga Philosophy:** Introduction to the main texts supporting Yoga and Sāmkhya philosophy (8-limbs Yoga path of Patanjali's Yoga Sutras, Bhagavad-Gita, Hatha-Yoga Pradīpikā).
- **Prānāyāma and introductory Kriyās**
- **Meditation** practice and introduction to **Buddhist teachings** (Dharma) to support our daily life and our teaching path
- **Healing Arts:** Art of Touch
- **Āyurveda:** The reading of the Body/Mind as a basis for our one-to-one or Mysore-style teaching. Notion of Balance, Dohas and Gunas
- **Yin/Restorative Yoga:** Introduction to a practice aimed at restoring our energy, Practice in pregnancy



## FOR WHO ?

**For any Yoga practitioner** wanting to go deeper into the study of Yoga and its different dimensions. **A previous experience of Yoga of minimum 2 years of consistent practice is required, as well as previous experience with Ashtanga Vinyasa Yoga.** If you are not new to Yoga but quite new to Ashtanga, we recommend that you participate in the Mysore program at Agora before and during the course.

**For Yoga teachers** who wish to further their practice and study of Yoga ; refine their teaching skills ; refresh and deepen their anatomy understanding ; improve their assist and hands-on adjustments skills ; develop their knowledge in Yoga philosophy, Ayurveda and get introduced to the Buddhist teachings, that can support their personal development as individuals and as teachers.

**You are not sure whether or not the course is suitable for you? Contact us so we can talk with you about it!**

# OUR FORMAT

**Between August and December 2026 : two long intensives, 3 weekends, additional 15 hours of Meditation & 15 hours of Yoga practices and workshops to be completed at Agora between as early as January 2026 and at the latest April 2027**

## **AUG/ SEPT 2026 - 50H INTENSIVE WEEK**

Saturday Aug 29 - Friday Sep 4

### **3 FULL WEEKENDS (20h each)**

- **September** Friday 25 to Sunday 27
- **October** Friday 16 to Sunday 18
- **November** Friday 13 to Sunday 15

## **DECEMBER 2026 - 60H FINAL INTENSIVE**

Saturday Dec 5 - Sunday Dec 13

**Included in the value of the training and to be completed on top of the above between January 2026 and April 2027:**

- **15 hours of Meditation practice**

### **The hours can include :**

> **Long courses** (2-hour weekly sessions, courses length vary from 4 to 8 weeks, online option). Starting in January 2026 - All events will be posted on Agora website and social media

> **Weekly meditation classes** offered at Agora

> **Retreats** : Option to join one of the retreats offered during the year, accounting for the full 15 hours required (teaching fees included in the training cost, only food and accommodation fees at the charge of the participant) : **2-5 April 2026 Meditation Retreat** or **23-28 July 2026** Agora annual retreat **Ashtanga & Buddhism** (with Sonia and Luis) in South of France, accounting for the full 30 hours of Yoga + Meditation.

- **15 hours of Yoga courses/workshops/intensives to be completed at Agora.**

### **Can include the following :**

> **Special Ashtanga Courses with Agora teachers** (usually On Saturday mornings, some online). You can join up to 15 hours of these events.

> **21-22 March : Gérald Disse's Ashtanga weekend workshop** (100eu extra fee required). Booking is required in advance

> **15-18 May : Chuck Miller** Sama Ashtanga 4-day Intensive (250eu extra fee required). Booking is required in advance

> **23-28 July** : Agora annual retreat **Ashtanga & Buddhism** in South of France

> **Ashtanga Workshops** with other guest teachers planned at Agora in 2026 (with extra fee) : Scott Johnson, Ron Reid and Marla Meenakshi Joy. Dates to be confirmed.

### **Additional Requirements**

- **15 hours practice** at Agora or online over the course of the training (Mysore-style, Ashtanga Led Primary, Ashtanga Level 2). If you practice in an Ashtanga Yoga Shala in your hometown, you can do the hours there.
- **15 hours of Assisting** (assisting is done with Agora teachers or in your home studio/teacher)
- Completion of final test & personal project

The training is taught in English, but the tests and personal projects can be done in English, Portuguese or French. **Maintaining a regular practice throughout the course is required.**

If all requirements are met, the trainee will receive a certificate of completion at the end. If not, it is possible to catch up on some missed training hours by joining extra workshops or intensives at Agora.

# INVESTMENT

**2550 euros NORMAL PRICE**

**2400 euros EARLY BIRD PRICE** for registration until 15 March 2026

**Includes:** 200hrs in person training including special guest teachers + Full Training Manual + Access to resources, follow-up throughout the year + Certificate of Completion

**Payment plans are possible.**

Get in touch with us if the investment required does not meet your financial situation.

## ONLINE OR ON-SITE?

Although it is **recommended to be on-site for all sessions** and in particular during the two intensives, it is also possible to **join parts of the training online** (Zoom).

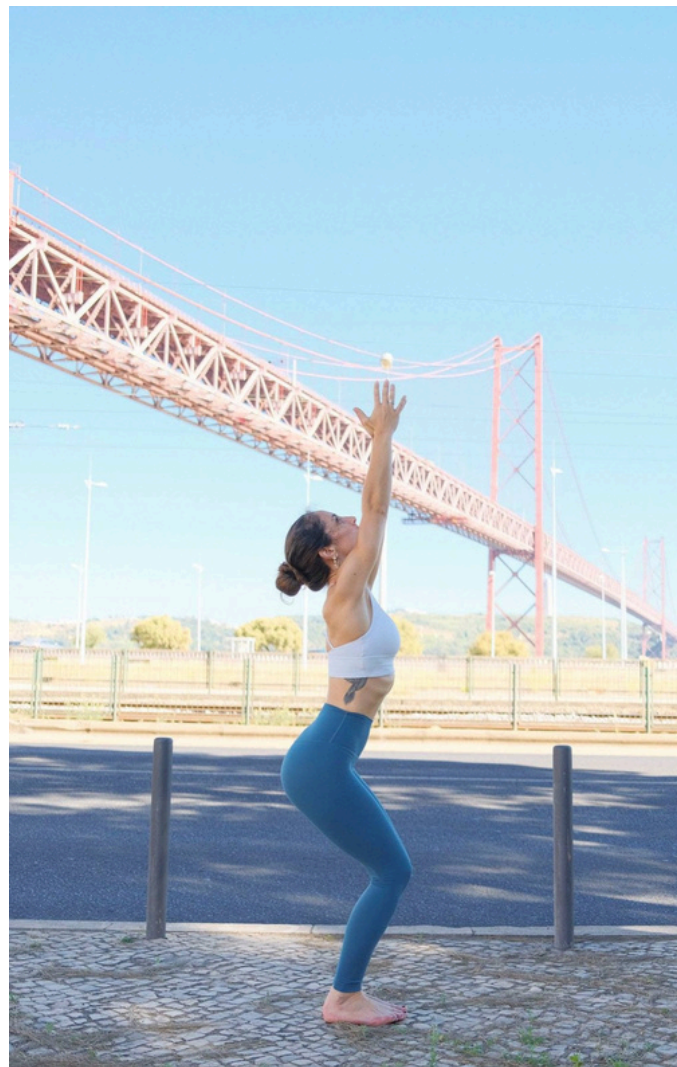
**On-site presence is mandatory** for the first Intensive week and for the second half of the Final Intensive.

## WHERE WE ARE

Our Yoga and Meditation Studio is located in the heart of Lisbon, **Rua Rafael de Andrade 23**. The closest metro station is Intendente. There are plenty of accommodation options around the studio to plan your stay. We also have a room in the studio for guests, that will be available to rent during the training weekends and intensive. Let us know if you are interested.

You can find more information about Agora and our philosophy, our team, events, practices on our website : [www.agora-lisboa.com](http://www.agora-lisboa.com)

You will also find Sonia's yoga biography, as well as the rest of the studio team's bio.





# WHAT THEY SAY...

"I was quite scrupulous in choosing a training program to get my first yoga education. There were a lot of offers, but I went with my heart. After talking to Sonia, there was no doubt in my mind that I wanted to study at Agora. And I'm incredibly glad I made that choice. Sonia and the team of teachers have put together an incredibly holistic curriculum. In addition to gaining valuable knowledge of anatomy, philosophy, Ayurveda, Sanskrit and so on, we gained very valuable practical knowledge of assisting. Because of this, I started teaching at the beginning of the training and felt quite confident. But the most important thing I got from this training was an amazingly safe space that was filled with love, respect and acceptance. This course helped me to go through a transformation. I am grateful to Sonia for allowing me to be a part of this course and for believing in me. I am truly excited for the future students, you will find an incredible teachers and get closer to yourself."

Alena

"I had a wonderful experience participating in the yoga teacher training program at Agora. The diverse and comprehensive range of topics, including anatomy, philosophy, asana practice, chanting, and mantra, were skillfully presented by various experts. The months-long format allowed me to absorb and integrate the knowledge gradually, witnessing my practice and understanding of yoga deepen over time. I particularly enjoyed the emphasis on working in groups with other trainees and the final intensive days during which we had the opportunity of sharing with the rest of the group a personal project. Sonia and Marion cultivated a warm and welcoming environment throughout the whole training."

Angelia

"Honestly, that YTT was amazing. The material is excellent, the booklet is very well done and complete. The curriculum is diverse (anatomy, meditation/buddhism, and more), the structure of the whole program made complete sense for me and I found it smooth while still being challenging. The quality of every teachers was top quality, this is a YTT of a very high level which I would definitely recommend to anyone that wants to take their yoga practice to the next level seriously."

Quentin

"The practice with Sonia and the introduction to Ashtanga led to a big mind shift. She taught me how to arrive in my body in the most natural and intuitive way. Her teaching is clearly not only about the physical part of Ashtanga, but also about the philosophical part; she teaches how to deepen and heal the connection between body and mind. I feel very grateful to get the chance to explore the world of Ashtanga, pranayama and meditation in movement by being one of Sonia's students"

Carolina

"Sonia is my first teacher of Ashtanga Yoga, and the one that basically opened the huge world of self inspection through yoga standing right there by my side. Not in front authoritative, not in the back pushing, but side by side. Guiding with care and kindness, observing things in me even before I could see them, and skilfully helping me unravel and overcome my own limits. I cannot imagine anyone better in this world to train aspiring yoga teachers, as much as teaching might be more of an art or inner vocation, she does an extraordinary job translating her own view and experience into clear instructions and structured teachings. All while captivating you and inspiring you to look for yourself, to inspect and observe what your student need and what you want to convey in your teachings. Apart from the valuable skills and huge knowledge on the human body and the different ways of approaching asanas specific for each individual, she will inspire you to also look further towards the more subtle patterns of the mind that reveal on the mat and equip you with the different tools inspired from Ayurveda and meditation to help your students and convey the real essence of yoga. On and off the mat. Always in service of her students. She is the one that will make you love teaching yoga."

Ada M.

"Meeting Sonia as a teacher has changed my life in many aspects: she first gave me the will and courage to start a teacher training and bits by bits, to build a new life around the practice and the teachings of Ashtanga Yoga, now along her side. Every day she guides me with kindness, humour and truthfulness, opening new doors in my body and in my mind, encouraging self-exploration and knowlegde. She is this incredible teacher that one can be looking for a lifetime, and I feel so lucky that our path crossed !"

Marion D.

"After practicing for 12years, I held off for many years to find a teacher who I resonated with enough to do my 200-hr YTT. And I could not be more happy that via a friend's referral, I found Sonia. I felt I got very strong foundations that not only elevated my own practice but made me quite comfortable explaining the essence of asanas and yoga. I was afraid to start teaching, but the moment I was "pushed" to start, I surprised myself how confident I felt in my explanations. All that is thanks to the precision and depth of knowledge of Sonia (and Ada!). I feel that this extended format of spreading the 200hours over multiple months worked really well to allow enough time for us to integrate and review what we learned. And it also did magic for the friendships that were born out of this training. I had my happiest months in 2025 during the training- and not because of my external circumstances were easy, they were quite challenging in fact- but rather because I felt held by this group, Sonia and Ada, that I could return to each month. I am forever grateful for Sonia for creating this space, community at Agora, for bringing these trainees together, and for being such a committed, kind-hearted and humble teacher. I hope to continue on this journey with a 300hour training. Thank you! "

Dora

"At the Agora in Lisbon, I found much more than a yoga teacher training. I discovered a community that creates genuine connection and expands our understanding of yoga and meditation. This spirit stays with you. Now that I've started teaching, which is both challenging and grounding, I still draw on the generous teachings, feeling their subtle yet powerful influence guide my practice and classes. This training didn't just certify me, it gave me a foundation of inner strength I return to again and again. Thank you to Sonia Ama and the entire Agora team for creating such a precious place, both concrete and real, but also on a more symbolic level : a possible space for transformation."

Sandrine

