4 SATURDAYS — ASHTANGA COURSE

ASHTANGA FUNDAMENTALS MODULE 2

WITH
ADA AND CAROLINA

FEBRUARY 7TH TO 28TH — 11H30 - 12H30

LEVEL II: DEEPEN YOUR PRACTICE AND EXPLORE THE SUBTLETIES OF ASHTANGA YOGA

Go deeper in the exploration of your Ashtanga Vinyasa Yoga practice with this Level II / 4-week course. We will look closer at the subtle aspects that enhance our practice through **Ujjayi** breath and **bandhas**. Following the Ashtanga Primary Series as a base for approaching more complex asanas—such as the "gatekeeper" poses—while diving deeper into arm balancing, hip opening and backbending.

FOR WHO?

It is made for students who followed the Level 1 Fundamentals course or any other Ashtanga course to help them familiarize with the practice. We also welcome any practitioner wanting to deepen and refine their Ashtanga Yoga practice in order to integrate it in their life.

PRACTICAL AND THEORETICAL CONTENT

- **Ujjayi** and the role of breath in movement; nervous system regulation with a glimpse into **Pranayama**.
- **Vinyasa count** and transitions within the series.
- Jumping back and through using **Bandha** and **Prana/Apana** energy.
- Principles of forward folds and the role of **Mula** and **Uddiyana Bandha.**
- Gatekeeper poses: **Kurmasana** and **Bhujapidasana.**
- Using the ground and the connection to the floor in arm balances.
- Introduction to backbends, including some **Intermediate Series** poses.

SIGN UP FOR COURSE
(Spots limited to 12)

DATES
February 7,14,21,28 – always on Saturdays, from 11h30 - 13h30

PRICE FOR THE FULL COURSE
Members: 70€
Non-members: 90€

**If you miss one Wednesday over the course you can replace the session with a regular Ashtanga guided class before the end of the course period.*

DROP-IN SESSION (if spots available):
Members: 20€
Non-members: 25€

FOR QUESTIONS AND REGISTRATIONS:
info@agora-lisboa.com or check the link in the bio