

# AGORA AGENDA

## JANUARY-JULY 2026

Yoga and Buddhist Meditation Retreats  
Special Guests Workshops

### FEBRUARY

**THE SACRED ART OF THAI MASSAGE** 18-23  
6-DAY BEGINNER THAI MASSAGE TRAINING  
BY ERICA BHAVANI - AT AGORA LISBOA

### MARCH

**ASHTANGA WEEKEND INTENSIVE** 21-22  
2-DAY WORKSHOP  
BY GERALD DISSE - AT AGORA LISBOA

### APRIL

**THE UNSEEN FLOWER** 2-5  
BUDDHISM & MEDITATION RETREAT  
BY LUIS SALAMANCA - MAFRA, PORTUGAL

### MAY

**SAMA ASHTANGA FOUNDATIONS** 15-18  
4-DAY INTENSIVE COURSE  
BY CHUCK MILLER - AT AGORA LISBOA

**HANDS-ON ADJUSTMENTS** 19-21  
3-DAY INTENSIVE COURSE  
BY CHUCK MILLER - AT AGORA LISBOA

### JUNE

**THE SUBTLE ART OF AWAKENING** 25-28  
4-DAY ASHTANGA IMMERSION  
BY HARMONY SLATER - AT AGORA LISBOA

### JULY

**THE WARRIOR OF THE HEART** 24-28  
BUDDHISM & ASHTANGA YOGA RETREAT  
BY SONIA AMA AND LUIS SALAMANCA -  
SOUTH OF FRANCE