4-DAY IMMERSION

THE SUBTLE ART OF AWAKENING

HARMONY SLATER

JUNE 25 - 28 / 2026

For the first time, we are honored to welcome **Harmony Slater** to Agora Lisboa for a four-day Ashtanga immersion.

With 25+ years of practice, authorized by Sri K. Pattabhi Jois and certified in the Advanced Series by R. Sharath Jois, Harmony brings both lineage and lived wisdom to her teaching, guiding students to awaken creativity, wholeness, and presence.

Through morning Mysore sessions and afternoon workshops on philosophy, subtle body practices, pranayama, and meditation, this immersion offers a rare opportunity to deepen practice, explore inquiry, and cultivate embodied understanding.

Schedule overview:

Thu 25/06
7:00–9:30 Mysore
Fri 26/06
7:00–9:30 Mysore
18:00–20:00 Workshop
Sat 27 & Sun 28/06
7:00–9:30 Mysore
12:00–14:00 Workshop

Thursday - Sunday: Morning Mysore Practice

Mysore Style is the heart of Ashtanga Yoga. In this method, each student is guided individually and progresses according to their readiness. A relationship with the teacher develops over time, allowing the practice to grow in a steady and personal way. The Mysore method is both effective and transformative. Through consistent practice and the guidance of a qualified teacher, students are invited to explore their inner world, using asana as a tool for self-discovery.

Friday 18h-20H. Dharma as Alignment: Integrating Body, Breath & Awareness

Dharma is not a job description - it's a state of coherence. Drawing on the Yoga Sutras, the Bhagavad Gita, and subtle body teachings, we explore how the koshas and gunas influence your choices. Through embodied practices, you'll clear internal noise and reconnect to the steady inner intelligence that guides aligned action.

Saturday 12H-14H. Beyond the Asana:
The Energetic Anatomy of Yoga

Asana refines the body. Subtle practice refines perception. This workshop explores the energetic field, chakras, koshas, and gunas as a practical map for Self-realization. Through pranayama, mantra, meditation, and embodied inquiry, you'll experience how subtle alignment stabilizes the nervous system and clarifies perception. Walk away with deeper alignment and clarity.

Sunday 12H - 14H. The Secrets of Yoga:
The Union of Shiva & Shakti

Yoga is the marriage of opposites. In this philosophy and practice workshop, we explore the tantric symbolism of Shiva and Shakti as a living awakening process within the mind-body system. Through the lens of prana and apana, ida and pingala, and the union of Purusha and Prakriti, we examine how consciousness and energy meet within us. Through pranayama, bandha, mudra, mantra, and meditation, you'll experience how opposing forces integrate, revealing yoga not as theory, but as embodied union. Walk away with a deeper understanding of energetic balance and inner awakening.

LOCATION

Agora Lisboa - Rua Rafael de Andrade, 23 - 2E
Lisbon - Portugal

PRICE

Full pass: 310€
Early Bird price until 01/04 and local community price upon request: 270€
Weekend pass (Fri-Sun): 250€
Morning Mysore only: 130€

For bookings, fill out the google form you can find on our website or linktree OR email us at info@agora-lisboa.com

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