

AGORA LISBOA - YOGA & MEDITATION - WEEKLY PLANNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7H - 9H ASHTANGA MYSORE ADA	7H - 9H ASHTANGA MYSORE SONIA	7H - 9H ASHTANGA MYSORE ADA	7H - 9H ASHTANGA MYSORE SONIA	7H - 9H ASHTANGA MYSORE SONIA		
	9H - 11H ASHTANGA MYSORE CAROLINA		9H - 11H ASHTANGA MYSORE CAROLINA		9H - 11H ASHTANGA MYSORE CAROLINA	10H - 11H30 ASHTANGA 3 LED FULL PRIMARY SERIES MARION
		11H30 - 12H30 ASHTANGA SHORT FORM MARION				12H - 13H ZEN MEDITATION MARION
17H30 - 18H45 SOFT VINYASA MARION	18H - 19H15 ASHTANGA I TATI	17H30 - 18H30 MEDITATION (Online) SAMUEL	18H - 19H15 YIN YOGA SONIA			
19H - 20H30 ASHTANGA II ADA	19H - 20H MEDITATION LUIS 20H15- 20H45 PUJA	19H - 20H15 POWER VINYASA ISABELLA	19H30 - 20H45 ASHTANGA II MARION	19H - 21H FRIDAY MAGIC SPECIAL CLASS// WOMEN CIRCLE*		
		19H - 20H45 BUDDHIST SANGHA STUDY & TALKS				

ALL LEVEL
LEVEL 1
LEVEL 2
LEVEL 3
COURSES/
WORKSHOPS
LISBON BUDDHIST
CENTER CLASSES

Yoga Classes are given in the Shala, Meditation Classes are given in the Dojo.

* Every first Friday of the Month we offer a Special Class, and every Last Friday of the Month we offer a Women Circle.