

# AGORA AGENDA

## 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

## Yoga and Buddhist Meditation Retreats Special Guests Workshops

### AUGUST

#### AGORA YOGA TEACHER TRAINING

FIRST 50H WEEK INTENSIVE  
BY SONIA AMA AT AGORA LISBOA

29/08  
-4/09

### SEPTEMBER

#### THE BODY MATRIX

ASHTANGA YOGA IMMERSION  
BY RICHARD FREEMAN & MARY TAYLOR - LISBOA

7-13

### OCTOBER

#### THE EYE OF THE STORM

BUDDHISM & MEDITATION RETREAT  
BY LUIS SALAMANCA & AMALAMATI - MAFRA, PORTUGAL

1-4

#### THE MIRROR WITHIN

AN ASHTANGA RETREAT TO CULTIVATE A SUSTAINABLE PRACTICE  
BY ADA MOISESCU & MARION DUVAL - MAFRA, PORTUGAL

22-25

#### YIN YOGA BASIC TRAINING

50H TRAINING COURSE  
BY JULIA KUPKE & BIFF MITHOEFER - AT AGORA LISBOA

19-24

#### YIN YOGA & INNER WORK

50H TRAINING COURSE MODULE 2  
BY JULIA KUPKE & BIFF MITHOEFER - AT AGORA LISBOA

27/10  
-01/11

### DECEMBER

#### MOMENTS IN ASHTANGA

A MYSORE PRACTICE INTENSIVE & WORKSHOPS  
BY SCOTT JOHNSON - AT AGORA LISBOA

10-13