

# THE ALCHEMY OF ASHTANGA YOGA

*THE BENEFITS OF ESTABLISHING A SELF-PRACTICE*

SATURDAY JUNE 20, 8:30 -12:30



WITH ADA, CAROLINA AND SONIA

Developing a Yoga self-practice can be a powerful tool for healing and transformation. We invite you to join us for a morning exploration through practice and theory around the Ashtanga Yoga method, hoping to inspire (or reinspire) many of you to dive deeper into it!

The topics we will discuss:

- The origins and fundamental principles of Ashtanga Vinyasa Yoga
- What are the benefits of a Mysore style practice
- How to establish a sustainable self-practice routine
- Facing the challenges of the practice
- Expanding our practice beyond the mat

## **SCHEDULE OF OUR WORKSHOP (8H30-12H30)**

- Practice : Kriyas (preparation of the body), Asana (postures), Pranayama (Breathing)
- Tea break with a session of Q&A to clear our doubts and share our feedback on the practice
- The fundamental principles, history, and benefits of the Ashtanga Yoga method and Practical Tools to establish your practice

## **PRICING:**

- Agora Mysore regular students (for +/- 3 months at the time of the workshop): 25 euros
- For other students member price: 45 euros
- For non-members: 55 euros

## **REGISTRATIONS**

Sign up on Bsport or send us an email at [info@agora-lisboa.com](mailto:info@agora-lisboa.com)