



THE BODY MATRIX  
**RICHARD FREEMAN & MARY TAYLOR**

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SEPTEMBER 7 - 13 / 2026  
AGORA LISBOA



**Join us for this deep dive into the Art of Yoga**

*Developing techniques and offering insights into how Yoga becomes a lifelong and sustainable support for living a vibrant life.*

Like the Jeweled Net of Indra, our immediate experience is an interconnected field of immediate sensations, thoughts and feelings. When examined closely each point or pattern in that field shines like a jewel, vibrantly reflecting the other jewels' diverse angles and perspectives within the interconnected web of body, heart, mind - a matrix of gates into the present moment.

Yoga poses, breaths, techniques, practices and philosophies appear as these jewels when the contexts in which they rest are revealed. The flowing internal form of Ashtanga Vinyasa Yoga, combined with meditation, *pṛāṇāyāma*, chanting and philosophy provide an ideal practice to reflect and refine an understanding of this intricate art of Yoga; one that interlinks our practice with everyday life.

In the mornings we will practice āsana and prāṇāyāma in an internal, contemplative and adaptive manner as a means of discovering how this dialectical approach produces an embodied sense of freedom which helps to cultivate compassion. Afternoons will include chanting, meditation and talks exploring themes from the Bhagavad Gita as they relate to other texts of yogic and Buddhist traditions.

We will move in and out of the paradoxical heart of the Vinyasa system, examining our own preconceptions and habits to awaken our natural capacities to wake up from the inside out, so that our practice may become a transformative and sustainable support for life within the rich landscape of our modern world.

**Appropriate for both beginner and advanced practitioners.**



## SCHEDULE

8:30am -12:30pm - **Morning sessions:** Pranayama & Guided Asana practice

2 - 4:30 pm - **Afternoon sessions:** Meditation, Chanting & Philosophy

*(There will be discussion and question and answer periods during the week)*

## LOCATION

Escola Pedro Nunes, located Av. Álvares Cabral, 1269-093 Lisboa, Portugal

## PRICE

**Full course:** 910 euros

**Subsidized price upon request (for local community):**

780 euros

## REGISTRATION

Googleform on the website or [info@agora-lisboa.com](mailto:info@agora-lisboa.com)

*Places are limited, early registration is recommended!*