



THE MIRROR WITHIN:  
CULTIVATE A SUSTAINABLE PRACTICE

ASHTANGA RETREAT  
WITH ADA AND MARION  
OCTOBER 22-25 / PORTUGAL

## **A 3-day retreat to explore practice as a space of attention, self-study and transformation.**

Through the structure of Ashtanga Yoga, restorative practices, meditation and shared reflection, we will explore how yoga can be a way of returning to ourselves with greater presence, honesty and awareness. Inviting you to reconnect with the intelligence of the body, this retreat will provide an accessible and supportive environment to build a sustainable practice.

Together, we will explore the act of self inquiry and authentic observation of the patterns of our mind, by creating a container through the practice. Gaining the tools we need to rely on structure, discipline and effort in order to have the opportunity to listen, soften, and eventually free ourselves from reactivity and action that lacks intention.

A space to refine your practice, observe your patterns, and cultivate a more grounded and sustainable relationship to yoga.

### **Offerings**

Adaptable Ashtanga practice — Mysore & guided  
Yin Yoga & restorative sessions  
Pranayama & Kriya  
Meditation  
Philosophy talks, self-inquiry & community connection

### **Who is it for**

All levels, all bodies, all backgrounds are welcome.

## ABOUT THE TEACHERS



**Ada** is a yoga teacher at Agora Lisboa, rooting herself in a regular Mysore practice. She believes Ashtanga does not need to be rigidly dogmatic or exclusive and can become, when intelligently approached, a practice for everyone. She uses yoga as a tool for self-understanding, inspired by the transformative power of a breath-centered practice. Since stepping into motherhood the practice has become a core pillar of her life - inspiring her to adapt it to new realities and deepen her role as a human, mother, and teacher.

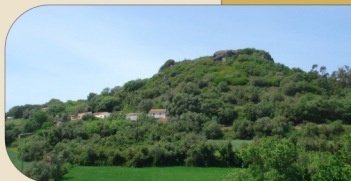
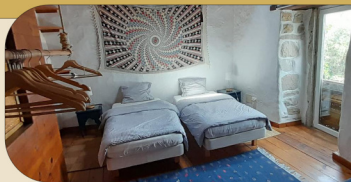
**Marion** is a French yoga teacher based in Lisbon, sharing Ashtanga Yoga, Vinyasa, and Yin Yoga at Agora Lisboa. She discovered yoga while working in international development and was drawn to its ability to cultivate presence, resilience, and a deeper connection to life. Alongside her yoga practice, she studies and practices meditation and Buddhist philosophy, finding inspiration in the dialogue between these two traditions. Her teaching is rooted in mindfulness, compassion, and the belief that practice can be a powerful tool for transformation, both on and off the mat.

## CASA SHANTI

### *Our venue retreat*

With a name that means 'THE HOUSE OF PEACE', Casa Shanti is located in Penedo do Lexim, near Mafra, halfway up the slopes of ancient extinct volcanic chimneys.

*\*We offer accomodation in shared rooms and nutritious vegetarian or vegan meals.*



### **PROGRAM**

Thursday 22 to Sunday 25 October 2026  
Arrival Thursday afternoon from 3pm on /  
Departure Sunday around 3pm

#### **Mornings**

Mysore-style or Guided Ashtanga  
Kryas, Pranayama & Meditation

#### **Afternoons**

Asana labs  
Philosophy Talks

#### **Evenings**

Soft restorative practices



## DATES

Thursday October 22 to Sunday October 25

## PRICING

Food and accommodation: 255€

Teaching Fee: 315 euros or 245 euros for local community price

**Total Exchange:** 570euros (or subsidized price for local community: 500euros)

*\*Talk to us if your financial situation does not match our pricing*

## REGISTRATION

Email to [info@agora-lisboa.com](mailto:info@agora-lisboa.com) or link in bio