



MOMENTS IN ASHTANGA
3-DAY INTENSIVE WITH

SCOTT JOHNSON

DECEMBER 11 - 13 / 2026



3 days of practice, inquiry, and exploration through Ashtanga Yoga, mindfulness, breathwork, movement, and philosophy.

How can yoga support our daily lives? How do breath, movement, and awareness deepen our practice? How does philosophy influence the way we move through the world?

Through Mysore practice, pranayama, mindfulness, philosophy discussions, and practical workshops, Scott Johnson offers an approach that meets each practitioner exactly where they are.

Who Is This Weekend For?

Open to all levels — beginners, experienced practitioners, those working with injuries, and anyone curious about deepening their understanding of yoga, the Yoga philosophy and a mindful approach to movement.

Friday

6:30–10:00 | Mysore, Pranayama & Mindfulness (2 batches)

11:30–13:00 | Philosophy - Patanjali on Asana: Finding Balance in the Body

Exploring the Yoga Sutras and the role of steady awareness in asana practice.

14:30–16:30 | Workshop: Where Philosophy Meets the Body

An exploration of yoga philosophy, movement principles, and anatomy, connecting practice to everyday life.

Saturday

6:30–10:00 | Mysore, Pranayama & Mindfulness

11:30–13:00 | Philosophy - Patanjali on Mindfulness: What Brings You Back to You?

Discover how mindful awareness can transform both practice and perception.

14:30–16:30 | Workshop: Finding a Strong & Spacious Spine

Explore spinal movement, breath, and the intelligence of the Primary Series through practical techniques and embodied awareness.

Sunday

6:30–10:00 | Mysore, Pranayama & Mindfulness

11:30–13:00 | Philosophy - Patanjali on Prana: Four Ways of Noticing Breath

An introduction to breath awareness and the subtle relationship between breathing and practice.

14:30–16:30 | Workshop - Inversions: Learning to Be Upside Down

Explore headstand, forearm balance, and handstand through accessible techniques that build confidence, strength, and awareness

LOCATION

Agora Lisboa - Rua Rafael de Andrade, 23 - 2E

‡Lisbon - Portugal

PRICE

Regular price: 290€

Local community price: 230€

For bookings, fill out the google form you can find on our website or linktree OR email us at info@agora-lisboa.com

Get in touch with us if the investment required does not meet your financial situation.