

AGORA LISBOA - YOGA & MEDITATION - WEEKLY PLANNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7H - 9H ASHTANGA MYSORE ADA	7H - 9H ASHTANGA MYSORE SONIA	7H - 9H ASHTANGA MYSORE SONIA	7H - 9H ASHTANGA MYSORE SONIA	7H - 9H ASHTANGA MYSORE ADA		
	9H - 11H ASHTANGA MYSORE CAROLINA		9H - 11H ASHTANGA MYSORE CAROLINA		9H - 11H ASHTANGA MYSORE CAROLINA	10H - 11H30 ASHTANGA 3 LED FULL PRIMARY SERIES MARION
						12H - 13H ZEN MEDITATION MARION
17H30 - 18H45 SOFT AND SLOW VINYASA MARION		17H30 - 18H30 MEDITATION (Online) LUIS	18H - 19H MEDITATION (Online & On Site) MARION			18H - 19H15 YIN YOGA ORLANE
19H - 20H30 ASHTANGA II ADA	18H - 19H15 ASHTANGA I TATI	19H - 20H15 SOFT AND SLOW VINYASA ISABELLA	18H - 19H15 YIN YOGA SONIA	19H - 21H FRIDAY MAGIC SPECIAL CLASS// WOMEN CIRCLE		
	19H - 20H MEDITATION LUIS 20H15- 20H45 PUJA	19H - 20H45 BUDDHIST SANGHA STUDY & TALKS	19H30 - 20H45 ASHTANGA II MARION			
	19H30 - 20H45 BLACK LOTUS YOGA MARION					

ALL LEVEL

LEVEL 1

LEVEL 2

LEVEL 3

COURSES/
WORKSHOPS

LISBON BUDDHIST
CENTER CLASSES

Yoga Classes are given in the Shala, Meditation Classes are given in the Dojo.