

ASHTANGA FUNDAMENTALS

A 4-WEEK COURSE

ON SATURDAYS 11H30 TO 13H30

7, 14, 21 AND 28 NOV

WITH MARION DUVAL AND TATI BORG



BUILD A STRONG FOUNDATION FOR YOUR PRACTICE

A 4-week introduction to Ashtanga Vinyasa Yoga, designed to help you discover the practice, understand its foundations, and develop a sustainable way of practising.

We will explore the key elements of the Ashtanga method through both practice and study: how movement and breath come together, how to approach the postures, how to work with the structure of the sequence, and how to adapt the practice to your own body.

The course offers a space to learn progressively, ask questions, and build confidence in your practice.





THIS COURSE IS FOR:

Students who are new to Yoga or to Ashtanga

Practitioners who would like to revisit and deepen their foundations

Anyone wanting to return to a regular practice after a break

You don't need to be flexible or experienced. What matters is curiosity and a willingness to explore! The course is also a natural introduction to Ashtanga evening guided classes and Mysore-style practice in the mornings.

PRACTICAL AND THEORETICAL CONTENT

- Breath and body awareness
- Connecting movement and breath
- Foundations and adaptations of the main Ashtanga standing postures
- An introduction to the finishing sequence
- Modifications and progressive approaches to the practice
- The three pillars of Ashtanga: Tristhana
- The philosophical foundations of the practice: the path of Yoga and the question of why we practice.



SIGN UP FOR COURSE

(Spots limited to 12)

DATES

7, 14, 21 and 28 November. 11h30-13h30

PRICE FOR THE FULL COURSE

Members: 80€ (get 10% discount in any of our
classess pass)

Non-members: 90€

**If you miss one Saturday over the course you
can replace the session with a regular
Ashtanga guided class before the end of the
course period.*

FOR QUESTIONS AND REGISTRATIONS:

Access the link in our bio or email us at
info@agora-lisboa.com