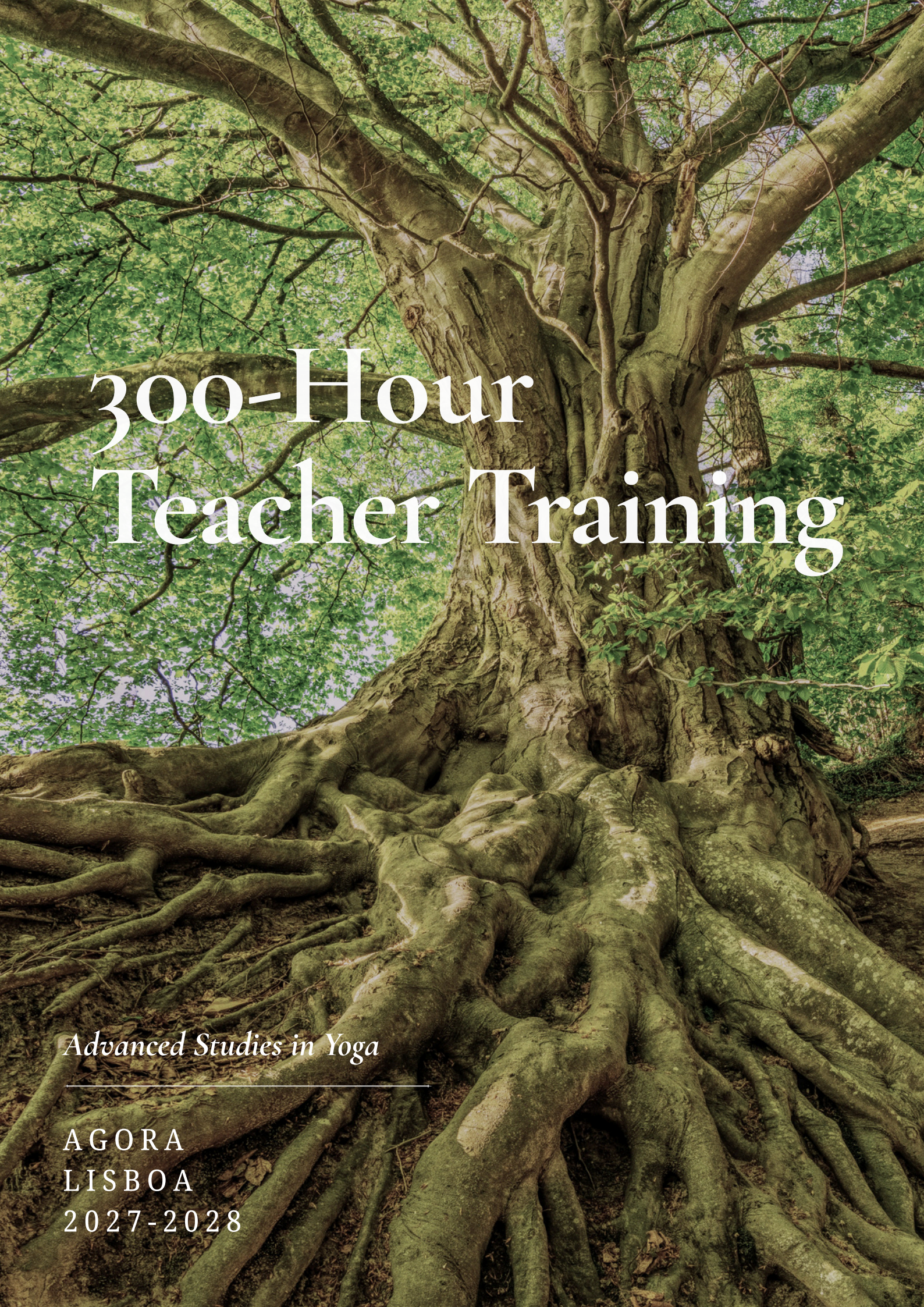




300-Hour Teacher Training

Advanced Studies in Yoga

AGORA
LISBOA
2027-2028

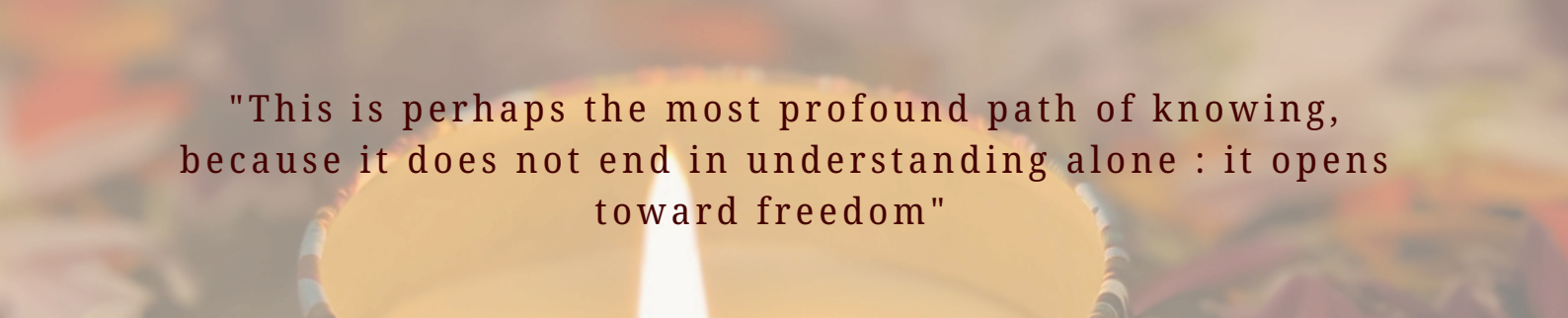
The Journey

The origins

Learning is the lighting of a spark. That spark tends the inner fire - the one that orients and nourishes us, that animates the alchemy we invoke when we choose to walk the path of Yoga in our lives.

The experience of the 200-hour teacher trainings offered at Agora has exceeded all expectations, offering gifts of humanity, joy, connection and depth that seemed to have reached beyond the theoretical and practical content of the course. The inner journey echoed the physical, energetic and intellectual one. Understanding arrives through the mind or through the body, yet it settles at a more subtle level — through the heart.

At the close of the 200 hours, one feels a circle gently closing while sensing a far vaster horizon just beginning to open. It is from this lived experience that the 300-hour training naturally emerged: an invitation to continue learning together, weaving the wisdom of Yoga and its sister disciplines, and nurturing ways of thinking that are free, open and generous toward the world we inhabit.



"This is perhaps the most profound path of knowing,
because it does not end in understanding alone : it opens
toward freedom"

The Alchemy of Living Practice

There is a kind of knowledge no book can easily grant and no teacher can simply hand to another. It may only be lived into existence, breath by breath, moment by moment, through the fire of sustained and sincere practice.

In the Yogic tradition it is named Anubhava, the direct experience that arises from devoted sadhana (dedicated practice), and the Buddhists spoke of Bhavana-maya-pañña, the wisdom cultivated patiently through the discipline of meditation. This is not the learning of the mind that accumulates facts, but the learning of the whole being that gradually transforms.

It does not merely add knowledge to us; over time, it begins to loosen the very structures through which we understand ourselves. Like gold revealing more of its nature under the jeweller's fire, by returning again and again to the cushion, the mat, and the commitment of sincere effort, we may find ourselves slowly refined, the layers of habit and illusion thinning until something closer to clarity begins to emerge.

This is perhaps the most profound path of knowing, because it does not end in understanding alone : it opens toward freedom.

Interconnectedness of Mind, Body, Heart & Spirit

The teachings offered across the different modules share a common intention. Each, in its own way, provides tools for inquiring into the relationship between mind, body and heart. Moving through different fields of study and points of entry, we will explore the self from physical, mental, energetic and philosophical perspectives, weaving these threads into an integrated living understanding of the teachings.

We will encounter the many branches of Yoga through a multidimensional lens, building a living framework through which to inquire into who we are, and what we wish to bring forward, as individuals and as teachers. At the heart of this course lies a single animating question: what does it truly mean to embody Yoga as a lived experience? What might it look like to inhabit the practice in a way that nourishes personal transformation and deepens our engagement with the world around us?

The training is rooted in the Ashtanga Vinyasa Yoga method while embracing a modern and inclusive perspective: honouring the living tradition without rigidity, while encouraging inquiry, adaptability and relevance in today's world. At its foundation lies the recognition that a steady, evolving personal practice is what ultimately sustains authentic teaching. Traditional knowledge -Yoga and Buddhist philosophy and practices, Sanskrit, Ayurveda, chanting and Daoist philosophy- is woven together with contemporary understandings of anatomy, the nervous system, trauma awareness and tools for living with others in awareness, in an attempt to meet the full complexity of human experience.

We understand teachers and facilitators not as figures of authority, but as responsible and responsive holders of space, capable of meeting each student with intelligence, care and sensitivity.

Who is this training for ?

The 300-hour training is open to practitioners who have already completed a 200-hour teacher training, either at Agora or within a similar approach to Yoga. If you are unsure whether your previous training provides the appropriate foundation, we will be happy to discuss it with you.

Joining this programme calls for a genuine and living commitment to practice. We recommend a personal Yoga practice of at least four years as a foundation.

This is not a formal requirement, but a way of ensuring a shared depth of understanding among participants and grounding our collective inquiry in a practice that has already been personally integrated. The intention is to deepen an experience that is already alive, rather than introduce it for the first time.

For those at an earlier stage of their journey, the 200-hour training remains the more natural place to begin.

The format

We invite you into a journey unfolding across several gatherings over a period of 12 to 24 months, depending on the modules you choose. This rhythm is intentional: it allows the practice and its study to settle over time, giving new learning the space to be genuinely integrated and the deeper processes of transformation to unfold naturally. It also offers flexibility for those who do not live in Lisbon, or whose lives require a more spacious pace.

In designing the curriculum, we have sought a balance between a solid shared foundation -common to all participants- and the freedom for each person to deepen the areas that resonate most with their own interests and aspirations as a teacher.

To this end, 200 hours form the core curriculum, shared by all participants. The remaining 100 hours are elective, divided into modules of 25 hours each. Participants may choose four elective modules (or three modules if selecting the 50-hour Yin Yoga Teacher Training).



The Program

200h of Core Curriculum

- *Cultivating Tapas: Discipline & Transformation* - 75H in 2 intensives with Sonia Ama & Guests
- *Meditation Intensive & Radical Dharma* - 25H with Luis Salamanca
- *Warriors of the Heart: Yogic Philosophy applied to our lives* - 25H with Sonia Ama. Option to join online
- *Functional Anatomy, Injury Prevention & Mindful Awareness : teaching Ashtanga for a lifelong practice* - 25H with Linda Munro (Ashtanga Yoga Paris)
- *The Art of Hands-on Assists* - 25H with Sonia Ama
- *Inclusive Ashtanga & Teaching Ethics* - 25H with Marion Duval & Agora team. Option to join online

100h of Elective Modules

Advanced Teaching Skills & Other Styles

- *The Art of Sequencing & Creative Class design* - 25H with Ron Reid & Marla Meenakshi Joy
- *Yin Yoga Basic Training* - 50H with Julia Kupke & Sonia Ama
- *Yoga, Meditation and Mindfulness through the lens of Trauma, the Nervous System & Human Experience* - 25H with Julia Kupke

Exploring Prana, Balance & the Subtle Body

- *Advanced Pranayama* - 25H with Gerald Disse (Ashtanga Yoga Paris - Pranayama from the Kaivalyadham tradition)
- *Embodying the Chakras: A Practical Exploration of the Energetic Body* - 25H with Erica Bhavani
- *Ayurveda for Yoga teachers: Ancient Wisdom for an Integrated Practice* - 25H with Alexandre Paulain

Burning Samskaras: Ashtanga Deepening & Refining

- *Advanced Alignment – Sama Ashtanga* - 25H with Chuck & Syrena Miller
- *Ashtanga United : Yoga as a Moving Meditation* - 25H with Petri Räisänen & Scott Johnson

"Education in the true sense is helping the individual to be mature and free, to flower greatly in love and goodness"

Training Timelines

2027-2028



Practical information

Investment

EXTRA EARLY BIRD <i>until 1 October 2026</i>	3300 €
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EARLY BIRD <i>until 1 November 2026</i>	3600 €
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REGULAR PRICE <i>from 2 November 2026</i>	3900 €
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Applications are open!

Payment plans available in several installments.

Need help choosing your electives ? We are here to help !

Email us at info@agora-lisboa.com

Where we are

Our Yoga and Meditation Studio is located in the heart of Lisbon,
Rua Rafael de Andrade 23.

You can find more information about Agora and our philosophy, our team, events, practices on our website: www.agora-lisboa.com.
You will also find Sonia's yoga biography, as well as the rest of the studio team's bio.



Modules catalogue

CORE CURRICULUM 1/3

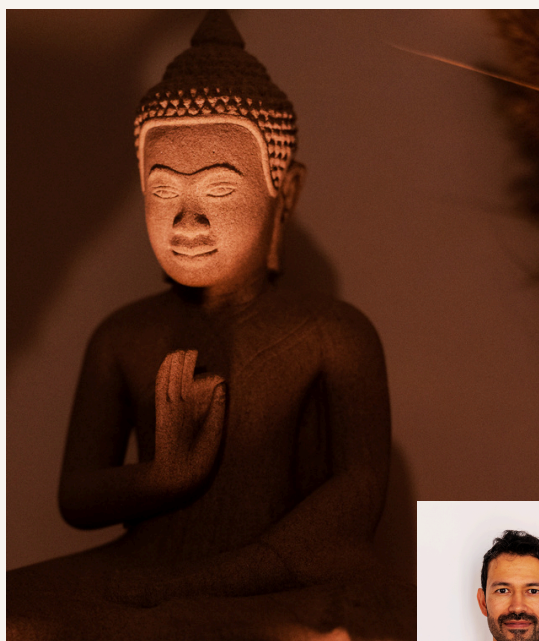


Cultivating Tapas: Discipline & Transformation

75h • *Sonia Ama and guest teachers*

2–7 March 2027 • 10–13 February 2028

The training begins with the transformative power of disciplined practice. Through an in-depth exploration of the Intermediate Series, participants will refine movement, alignment and embodied awareness while developing a sustainable relationship to practice. Alongside daily Mysore, Pranayama and Kriya, we will explore teaching methodology, anatomy, learning how to deconstruct postures, build progressive learning pathways, and support students with clarity, precision and care. Asanas will be studied through a step-by-step approach, allowing practitioners to safely build each pose at their own pace.



Meditation Intensive & Radical Dharma

25h • *Luis Salamanca*

27–30 May 2027

It would seem incomplete to offer an advanced Yoga training without creating space to deeply explore meditation. Yogic philosophy repeatedly reminds us that the purpose of asana and pranayama is to steady the mind and cultivate sustained attention. Meditation is Yoga, and Yoga is Meditation. This urban retreat combines guided and silent meditation with an introduction to fundamental Buddhist teachings, offering practical tools to meet the challenges of modern life with greater clarity, compassion and freedom.

CORE CURRICULUM 2/3



Warriors of the Heart : Yogic Philosophy applied to our lives

25h • *Sonia Ama*

8–11 July 2027

Yoga is more than a physical discipline - it is a way of understanding ourselves and our relationship to the world. Through the study of the Yoga Sutra, the Bhagavad Gita and other selected texts, we will explore freedom, compassion and community as living practices. This module invites participants to cultivate a skillful, creative and open mind, while discovering how these teachings can deepen our social awareness and become both individual and collective tools for change. This module can be joined on-site or online.



Functional Anatomy, Injury Prevention & Mindful Awareness: Teaching Ashtanga for a lifelong practice

25h • *Linda Munro*

14–17 October 2027

Yoga Chikitsa, the Sanskrit name of the Primary Series, means "Yoga Therapy." In this module, Linda Munro explores how the Ashtanga method can support a healthy and sustainable lifelong practice. Combining functional anatomy, mindful movement, adaptive teaching strategies and yogic philosophy, participants will gain practical tools for injury prevention, recovery and healthy aging while cultivating greater awareness in both practice and teaching.



CORE CURRICULUM 3/3



The Art of Hands-on Assists

25h • *Sonia Ama*

2–5 December 2027

Touch can become a powerful tool for learning when offered with sensitivity, discernment and respect. Through practical exploration, we will develop the skills needed to observe bodies, understand movement patterns and offer safe, ethical and effective hands-on assists. Working with postures from the Primary and Intermediate Series, participants will cultivate confidence in choosing when—and when not—to assist, always placing awareness, consent and the individual needs of each practitioner at the centre of the teaching relationship.



Inclusive Ashtanga and teaching ethics

25h • *Marion Duval with the Agora teaching team*

3–6 February 2028

Teaching extends far beyond demonstrating postures. This collaborative module explores the ethical foundations of yoga teaching while developing practical tools for making practice accessible to diverse students and communities. Together we will reflect on the responsibilities of the teacher, intelligent sequencing, inclusive language, and adapting yoga for different ages, bodies and life stages. Rooted in Agora's shared teaching philosophy, this module invites participants to cultivate integrity, care and confidence in their role as teachers. Option to join online.



ELECTIVE MODULES 1/4

I. Advanced Teaching Skills & Other Styles of Yoga



The Art of Sequencing & Creative Class design

25h • Ron Reid & Marla Meenakshi Joy

29 April – 2 May 2027

Designed for yoga teachers wishing to refine their craft, this training explores sequencing as both an art and a science. Participants will learn how to create intelligent, inspiring and adaptable classes while developing greater confidence in their teaching voice. From posture breakdowns and progressive variations to workshop design and private sessions, the emphasis is on creating meaningful experiences that offer both challenge and support while cultivating creativity, clarity and safety.



Yin Yoga Basic Training

50h • Sonia Ama & Julia Kupke

15–20 June 2027

This foundational training explores Yin Yoga as a complementary practice to dynamic forms of yoga. Through longer-held postures, fascia awareness, mindful observation and deep rest, participants will discover how Yin supports mobility, nervous system regulation and embodied presence. Practical teaching skills and the philosophical foundations of Yin Yoga will be woven together throughout the training.



ELECTIVE MODULES 2/4



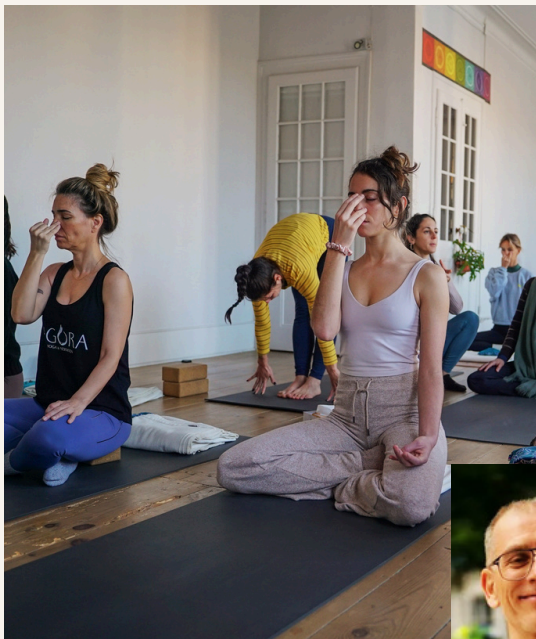
Yoga, Meditation & Mindfulness through the Lens of Trauma, the Nervous System & Human Experience

25h • Julia Kupke

30 March - 2 April 2028

People arrive on the mat with different life experiences, nervous systems and ways of relating to practice. This module explores the foundations of trauma, stress and nervous system regulation in the context of yoga, meditation and mindfulness. Through foundational knowledge, self-inquiry and practical application, participants will develop a more nuanced understanding of human experience and learn how to create practice spaces that support safety, choice and agency. The emphasis is not on therapy, but on cultivating more inclusive, responsive and ethically grounded teaching.

2. Exploring Prana, Balance & the Subtle Body



Advanced Pranayama

25h • Gérald Disse

25–28 November 2027

Breath is our most fundamental life function, yet few of us truly know how to breathe. Drawing from the teachings of Kaivalyadhama and the Hatha Yoga Pradipika, this intensive explores classical pranayama as a pathway to vitality, emotional balance and mental clarity. Meditation practices rooted in the Kriya Yoga lineage complete the training, inviting participants to discover the intimate relationship between breath, awareness and inner stillness.

ELECTIVE MODULES 3/4



Embodying the Chakras : A Practical Exploration of the Energetic Body

25h • Erica Bhavani

21 - 24 September 2028

This experiential training offers a practical exploration of the subtle body through the framework of the chakras. Combining somatic practices, meditation, visualization, bodywork and conscious touch, participants will discover how the energetic body expresses itself through the physical body, emotions, mind and consciousness. A deeply embodied approach to understanding the subtle dimensions of yoga through direct experience rather than theory alone.



Ayurveda for Yoga teachers : Ancient wisdom for an integrated practice

25h • Alexandre Paulain

1-4 June 2028

Ayurveda and Yoga share the same philosophical roots and ultimately pursue the same purpose: the cultivation of health, self-knowledge and inner freedom. While Yoga offers practices that transform consciousness, Ayurveda provides a deeper understanding of the body and mind that support this journey.

This module introduces the foundations of Ayurvedic philosophy, exploring the doshas, daily rhythms, and the relationship between lifestyle, health and mental balance. Particular attention will be given to the psychology of Ayurveda through the qualities of Sattva, Rajas and Tamas, and to how these principles can enrich both personal practice and the teaching of Yoga.



ELECTIVE MODULES 4/4

3. Burning Samskaras: Ashtanga Deepening & Refining



Advanced Alignment - Sama Ashtanga

25h • Chuck & Syrena Miller

21–25 May 2027

This five-day immersion offers a profound exploration of practice as a vehicle for transformation. Through daily asana, pranayama, philosophy and alignment laboratories, participants investigate the Pancha Maya Koshas, samskaras, sankalpa and vairagya as lived experience rather than abstract concepts. Rather than seeking perfection, this training invites us to cultivate the freedom to respond consciously, meeting ourselves and the changing conditions of life with greater clarity, steadiness and presence.



Ashtanga United

25h • Petri Räisänen & Scott Johnson

2nd semester 2028 - dates to be confirmed

This module brings together the complementary approaches of Petri Räisänen and Scott Johnson, exploring Ashtanga Yoga as a practice that integrates movement, breath, meditation and philosophical inquiry. Through collaborative teaching and open dialogue, participants will deepen their understanding of the therapeutic, energetic and contemplative dimensions of the practice, discovering new ways of cultivating a sustainable and responsive relationship with Ashtanga Yoga.



Want to learn more ?



Meet us on Sept 19, 2026 at
11h30 Lisbon time

Scan to register for the information
meeting (option to join on-site or online)

