

LINDA  
MUNRO

LISBOA

22-24  
NOVEMBER 2024



# ASHTANGA DECONSTRUCTED

## Conscious Ashtanga Yoga & Anatomy weekend

### With Linda Munro

Open to all levels except complete beginners



Throughout the weekend, Linda will deconstruct the Ashtanga series layer by layer, to reveal the subtleties of the yoga asanas. As we get in tune to the subtleness of the ashtanga practice we are able to go deeper. Deeper into the positions but also deeper into listening; listening to the muscles, fascia, inner vibration, breath, the unconscious thoughts and emotions. Our mind becomes still and concentrated, our breath becomes smooth and profound, our body becomes strong and free from tension and our spirit becomes light. The practice becomes a place to heal on several levels!

## **PROGRAM:**

### **Friday 19h-21h** *Ashtanga Deconstructed 1*

2 hours of Asana practice

### **Saturday 09h-12h - 13h30-16h30**

*Ashtanga Deconstructed 2 + Anatomy of the Lower Back & SI Joints:*

2 hours of Asana practice, deconstructing the poses further into the primary series

2 hours of anatomy of the Lower Back and Sacroiliac Joints and its importance for a healthy, life-long yoga practice

2 hours of partner work and alignment exploration to safeguard the lower Back & Sacroiliac Joints

### **Sunday 09h-12h - 13h30-16h30**

*Ashtanga Intermediate Series Deconstructed*

2 hours of Asana practice, including the standing sequence & a portion of the intermediate series (deconstructed and explored with the use of props in order to make the practice accessible to all those who have been practicing Ashtanga Primary Series)

2 hours of anatomy of the Shoulders & Neck

2 hours of partner work and alignment exploration to safeguard the shoulder and neck area

## **WHERE:**

AGORA Lisboa - Rua Rafael de Andrade, 23 - Piso 2

## **PRICE:**

### **Full weekend:**

260 euros Normal Price

230 euros Early bird Price (for bookings before August 31)

### **Price per day:**

Friday evening: 35 euros (30 euros for Agora members)

Sat or Sun: 120 euros Normal price / 110 euros Early bird

\* Write us if you wish to join and your financial situation does not allow this investment

## **BOOKINGS:**

Access the Google form via Linktree to book your spot

