

UNDERSTANDING
the
CHALLENGE
of
ASANA
(six-day series)



26-31 JULY 2026

Sunday, July 26 - Friday, July 31

UNDERSTANDING THE CHALLENGE OF ASANA

six-day series with Sara

Discover what makes each asana work and how to practice or teach them with intelligence.

- For practitioners who want to explore movement in a smart and sustainable way.
- For teachers who want to design classes that are intense, adaptable, and inclusive.

Join the full series (daily Vinyasa session + practical workshop) or attend single Vinyasa sessions.



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What to Expect

We'll take a closer look at how asanas actually work — what they ask from the body, and how we can respond intelligently.

You'll learn to recognize the different kinds of challenge that come into play in each pose, and explore how to vary and adapt postures to make them sustainable, adaptable, and meaningful for your own body.

- For practitioners: gain tools to understand how strength and mobility come together in each pose, and how to make every asana work in a way that feels both smart and sustainable.
- For teachers: explore smart ways to make asanas more challenging — learning how to increase intensity through muscular load rather than extreme ranges of motion, and how to turn your Vinyasa sequences into Power Vinyasa experiences.

Schedule Each session lasts 3 hours and includes:

- 1-hour Vinyasa class
- 15-minute break
- 1h45 asana workshop

Sunday: 10:00–13:00 (Vinyasa class runs 10:00–11:00)

Monday, Thursday: 16:30–19:30 (Vinyasa class runs 18:30–19:30)

Tuesday, Wednesday, Friday: 9:30–12:30 (Vinyasa class runs 9:30–10:30)

Pricing

Full 6-day series: €240 if registered by January 15, 2026; €330 after that date

Single Vinyasa class: €20 or 1 class on AYGJ card

Info & registration: hello@yogabodylab.com

