

IMMERSION

YOGA
EDITION

SKIT IMMERSION

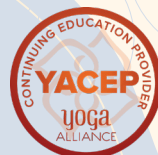
LED BY MASTER MOHAN

The **SKIT (Shoulder Kinetic Integrated Therapy) Workshop** led by Master Mohan is a focused 3-hour Reformer-based immersion designed to help you understand, restore, and optimise shoulder function through an integrated, whole-body approach. Using the Reformer as a precise and supportive training tool, this workshop allows you to develop awareness, control, and strength in a safe, guided environment. Rather than isolating the shoulder,

you will explore how the shoulder, scapula, spine, and core function as one kinetic chain – and how imbalances in one area can lead to pain, restriction, and inefficiency in movement.


Through a powerful combination of myofascial release, sling reset, strength activation, and mobility work, participants will learn how to release deep tension, rebuild stability, and move with greater control and ease. This workshop is ideal for anyone experiencing shoulder tightness or discomfort, as well as practitioners looking to improve performance, posture, and longevity in their practice.

Catch the
Early Bird rate!
(Till 2 July 2026)



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Participants to pick just 1 batch to join.

BATCH 1 : 25 JULY (SATURDAY)	09:00AM - 12:00PM
BATCH 2 : 25 JULY (SATURDAY)	01:00PM - 04:00PM
BATCH 3 : 26 JULY (SUNDAY)	09:00AM - 12:00PM
BATCH 4 : 26 JULY (SUNDAY)	01:00PM - 04:00PM

The following will be included in all batches.

The FLOOR SERIES will be covered in a single workshop. We will move through each posture focusing on spinal movement and spinal compression and how the contact with the floor can support your effort.

(1) Release & Reset (Myofascial + Sling Systems)

Laying the foundation for better movement

Myofascial Release Techniques

- Targeted release for chest, shoulders, and upper back
- Reducing tension and restrictions that limit movement

Sling Reset for Shoulder Complex

- Understanding anterior & posterior sling systems
- Rebalancing connections between shoulder, spine, and core
- Restoring alignment and movement efficiency

Outcome: Release built-up tension and reset dysfunctional patterns in the shoulder system

(2) Stability & Strength (Control the Shoulder)

Building a strong and stable base

Scapular Control & Awareness

- Scapular retraction drills
- Wall slides for proper positioning

Rotator Cuff Strengthening

- Resistance band internal & external rotations
- Activating deep stabilising muscles

Outcome: Develop a stable, supported shoulder joint and reduce risk of injury

(3) Mobility & Integration (Move Better, Pain-Free)

Bringing everything together into functional movement

Mobility & Flexibility Work

- Pendulum exercises
- Sleeper stretch for improved range of motion

Functional Integration

- Coordinating shoulder with core and spine
- Applying principles through controlled movements
- Safe techniques for load-bearing positions

Outcome: Move with greater ease, coordination, and confidence – both on and off the Reformer

DETAILS

DATES & TIME :

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LOCATION:

YOGA EDITION @ MILLENIA WALK

WORKSHOP RATES

PAST WORKSHOP PARTICIPANT	\$188
EARLY BIRD	\$208
REGULAR	\$228

Early Bird ends on 2 July 2026.

**SECURE YOUR SLOTS
VIA ONLINE RESERVATION TODAY!**

OR

EMAIL US AT
events@yogaedition.sg

