

WORKSHOP

YOGA
EDITION

Elevate And Release:

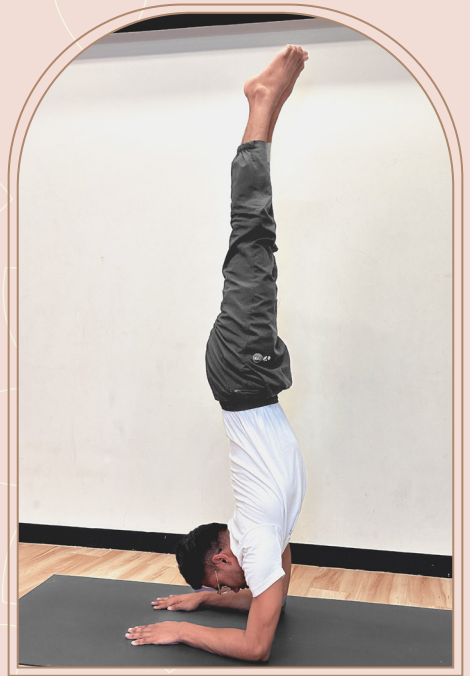
ARM BALANCE & HIP MOBILITY

**BUILD THE STRENGTH TO LIFT &
THE MOBILITY TO LET GO**


LED BY AMIT

Step into a structured 2-day immersion designed to build strength, mobility, and confidence in arm balancing and hip flexibility. Led by Amit, this 9-hour intensive follows a clear, progressive approach—helping you understand not just the peak poses, but the specific mechanical pathways to achieve them safely and effectively. Whether you are starting from scratch or refining advanced skills, this programme provides intelligent sequencing, targeted drills, and clear variations for all levels.


Limited spots available.



Catch the
Early Bird rate!
(Till 16 July 2026)

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ABOUT THE IMMERSION

DAY 1: FOUNDATIONS, STRENGTH & MOBILITY

5 SEPTEMBER (SATURDAY)

The first day focuses on the "Entry Mechanics" of your practice: **Wrist Prep, Core Strength & Hip Opening**. You will learn the essential foundations of weight shifting and hand engagement while prepping the shoulders for safe loading.

- **Technique Focus:** We cover everything from supported Crow with blocks for beginners to straight-arm transitions and L-sit compression drills for advanced practitioners.
- **Practice:** Expect guided drills with props, partner-assisted work, and individual feedback to ensure your alignment is spot-on.

DAY 2: CONTROL, TRANSITIONS & FLOW

6 SEPTEMBER (SUNDAY)

Day two shifts the focus toward **Advanced Arm Balances, Active Flexibility and Fluid Movement**. We move from static holds into dynamic transitions, exploring how hip mobility unlocks advanced shapes like Flying Pigeon and splits.

- **Technique Focus:** Progress from basic transitions to flying poses and press drills. Advanced students will work on linking movements together, while beginners reinforce their foundation with assisted stretching and coaching.
- **Practice:** This session includes extended self-practice with hands-on adjustments and a final integration flow to tie the two days together.

Closing & Integration

We conclude with a dedicated Q&A session, focusing on mindset, injury prevention, and a personalized strategy for your continued progress. Walk away not just with new poses, but with a blueprint for a stronger, more flexible practice.

SCHEDULE & DESCRIPTION

FOUNDATIONS, STRENGTH & MOBILITY

5 SEPTEMBER, SATURDAY | 10:00AM - 3:30PM

- 10:00am - 11:30am : Technique Focus - Wrist Prep, Core Strength, Hip Opening
- 11:30am - 12:30pm : Break
- 12:30am - 03:30pm : Practice

CONTROL, TRANSITIONS & FLOW

6 SEPTEMBER, SUNDAY | 10:00AM - 3:30PM

- 10:00am - 11:30am : Technique Focus - Advanced Arm Balances, Flexibility & Fluid Movement
- 11:30am - 12:30pm : Break
- 12:30am - 03:30pm : Practice

DETAILS

DATES & TIME :

WORKSHOP 1 : 5 SEPTEMBER (SATURDAY) | 10:00AM – 3:30PM
WORKSHOP 2 : 6 SEPTEMBER (SUNDAY) | 10:00AM – 3:30PM

LOCATION:

YOGA EDITION @ MILLENIA WALK

WORKSHOP RATES

BOTH WORKSHOPS

PAST WORKSHOP PARTICIPANT	\$218
EARLY BIRD	\$228
REGULAR	\$238

SINGLE WORKSHOP [CHOOSE EITHER 1 SESSION]

PAST WORKSHOP PARTICIPANT	\$168
EARLY BIRD	\$178
REGULAR	\$188

Early Bird ends on 16 July 2026.

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

OR

EMAIL US AT
events@yogaedition.sg

