

IMMERSION

YOGA  
EDITION

# STRENGTH WITHOUT STRAIN:

## THE INTERNAL PILLARS OF A LIFELONG PRACTICE

**MASTER THE ART OF BREATH,  
BANDHA, AND DRISHTI**

LED BY ANUP

*In Ashtanga Yoga, depth comes not from perfect postures, but from intention and awareness. This 2-day immersion invites you to move beyond "doing" and instead flow with your practice.*

*Guided by Anup, you'll explore the internal pillars of Breath, Bandha, and Drishti, transforming repetition into a moving meditation where the body feels supported, not strained.*

*By the end of the immersion, you will discover how breath regulates effort and calms the nervous system, while subtle bandha engagement creates an internal lift, stability, and lightness. You will learn to replace force with coordination, making your transitions driven by breath instead of momentum.*



**Catch the  
Early Bird rate!**  
(Till 30 June 2026)

Limited spots available.

yogaedition.sg 

yogaedition.sg 

yogaedition.sg 

Terms & conditions apply.

## ABOUT THE IMMERSION

### BREATH AS THE FOUNDATION - 1st August (Saturday)

The day begins with your Mysore-style self-practice. Anup will guide your practice by focusing on the breath. By observing your natural breath patterns and introducing a steady continuity of breath throughout your sequence, you will learn to move with greater ease and focus, establishing a solid foundation for the sessions to follow.

After the break, Anup will explore **Breath, Bandha & Stability**. This session focuses on using the breath as your primary anchor and learning to engage bandha without creating unnecessary tension. You'll apply these internal supports to seated postures and hip work, discovering how to shift from physical force to conscious awareness.

*Key Takeaway: Breath initiates, bandha supports, movement follows.*

### INTEGRATION & LIGHTNESS IN PRACTICE - 2nd August (Sunday)

Today, Anup will guide your Mysore-style self-practice by focusing on the breath-bandha connection, helping you develop a more consistent and independent morning practice. By applying a deeper level of awareness to your transitions, you will learn to move through the sequence with greater precision and a renewed sense of focus.

After the break, Anup dives into **Lightness, Transitions & Inner Control**. Here, you will discover how breath and bandha transforms challenging movements—like jump backs and jump throughs—into moments of grace by using Drishti to stabilize your attention. We will explore the balance between effort and efficiency, integrating everything you've learned into a continuous, flowing practice that feels effortless yet powerful.

*Key Takeaway: Breath initiates, bandha supports, movement follows.*

*Whether you are building your foundation or refining years of practice, join Anup to replace physical force with conscious coordination.*

## SCHEDULE & DESCRIPTION

### WORKSHOP 1: BREATH AS THE FOUNDATION

1 AUGUST, SATURDAY

| 10:00AM – 3:30PM

10:00am – 11:30pm :

Mysore Practise - Natural Breath Patterns & Continuity of Breathing

11:30am – 12:30pm :

Break

12:30am – 03:30pm :

Theme: Breath, Bandha & Stability

### WORKSHOP 2: INTEGRATION & LIGHTNESS IN PRACTICE

2 AUGUST, SUNDAY

| 10:00AM – 3:30PM

10:00am – 11:30pm :

Mysore Practise - Refining breath-bandha connection

11:30am – 12:30pm :

Break

12:30am – 03:30pm :

Theme: Lightness, Transitions & Inner Control

## DETAILS

### DATES & TIME :

WORKSHOP 1 : 1 AUGUST (SATURDAY) | 10:00AM - 3:30PM  
WORKSHOP 2 : 2 AUGUST (SUNDAY) | 10:00AM - 3:30PM

### LOCATION:

YOGA EDITION @ MILLENIA WALK

## WORKSHOP RATES

### FULL WORKSHOP SERIES [BOTH WORKSHOPS]

PAST WORKSHOP PARTICIPANT	\$360
EARLY BIRD	\$380
REGULAR	\$400

### SINGLE SESSION PACKAGE [CHOOSE EITHER 1 SESSION]

PAST WORKSHOP PARTICIPANT	\$200
EARLY BIRD	\$220
REGULAR	\$240

*Early Bird ends on 30 June 2026.*

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

**OR**

**EMAIL US AT**  
events@yogaedition.sg

