

WORKSHOP

YOGA  
EDITION



# UNLOCK YOUR UPPER BACK

EXPLORE GENTLE TECHNIQUES TO RELEASE  
STIFFNESS IN YOUR NECK, SHOULDERS AND  
THORACIC SPINE

LED BY MANTU

Join us for a transformative 3-hour workshop, led by Mantu, designed to help you unlock a freer and more comfortable upper back. This workshop focuses on the often-overlooked areas of the neck, shoulders and thoracic spine, where tightness and discomfort can accumulate.

Throughout the workshop, Mantu will guide you through a thoughtfully curated program that blends targeted poses, breathwork, stretching, and mindful movement. These effective techniques promote healing and enhance mobility, allowing you to leave the workshop feeling more at ease in these areas of the body.

Whether you are a beginner or an experienced yogi, this workshop is suitable for all levels. Don't miss this chance to invest in your well-being and join us on this freeing journey!

Catch the  
**Early Bird rate!**

(Till 30 July 2026)

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Limited spots available.

Terms & conditions apply.

This workshop is not just about relieving discomfort; it is an opportunity to empower yourself with practical strategies for maintaining a healthy upper back. You will also connect with community of like-minded individuals who face similar challenges, creating a supportive environment for self-discovery and healing.

## DETAILS

### DATES & TIME :

22 / 25 AUGUST (SATURDAY / TUESDAY) | 9:00AM – 12:00PM

- 09:00am – 10:30am Neck & Shoulder Focus
- 10:30am – 10:45am Break
- 10:45am – 12:00pm Thoracic Spine Focus

### LOCATION:

YOGA EDITION @ MILLENIA WALK

## WORKSHOP RATES

### EITHER DAYS

|                           |       |
|---------------------------|-------|
| PAST WORKSHOP PARTICIPANT | \$120 |
| EARLY BIRD                | \$135 |
| REGULAR                   | \$150 |

*Early Bird ends on 30 July 2026.*

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

OR

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

