

WORKSHOP



BIKRAM *HOT90* INTENSIVES

LED BY



ROHIT

MARCUS

CHIN REI

PATRICIA

This 3-day workshop, over two weekends, is an invaluable opportunity to slow down and better understand your personal Bikram Hot90 practice.

With a combined 55 years of Bikram Yoga teaching experience, Rohit, Marcus, Chin Rei & Patricia will guide you through each posture and breathing exercise, helping you to better understand your present physical condition and enhance your ongoing practice.

The standing series will be split into two workshops as there is a lot to cover here. Rather than focusing on depth, we will practically breakdown each posture, focusing on how your breathing, alignment and balance all support each other to allow your practice to feel more sustainable during the standing series.

Catch the
Early Bird rate!
(Till 31 May 2026)

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Terms & conditions apply.

Unlock the full potential of your Bikram Hot90 practice with clear, practical guidance—learn how breath, alignment, and movement work together to make your practice stronger, smoother, and more sustainable.

The **STANDING SERIES** will be split into two workshops as there is a lot to cover here. Rather than focusing on depth, we will practically breakdown each posture, focusing on how your breathing, alignment and balance all support each other to allow your practice to feel more sustainable during the standing series.

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.

SCHEDULE & DESCRIPTION

WORKSHOP 1: STANDING SERIES PART 1 - WITH ROHIT & CHIN REI

11 JULY, SATURDAY | 12:30PM - 4:00PM

- Pranayama Deep Breathing
- Half Moon Pose with Hands to Feet Pose
- Awkward Pose
- Eagle Pose
- Standing Head to Knee Pose
- Standing Bow Pulling Pose



WORKSHOP 2: STANDING SERIES PART 2 - WITH ROHIT & MARCUS
12 JULY, SUNDAY | 12:30PM - 4:00PM

- Balancing Stick Pose
- Standing Separate Leg Stretching Pose
- Triangle Pose
- Standing Separate Leg Head to Knee Pose
- Tree Pose
- Toe Stand Pose
- Savasana
- Wind Removing Pose
- Sit up



WORKSHOP 3: FLOOR SERIES - WITH ROHIT & PATRICIA
18 JULY (SATURDAY) | 12:30PM - 4:00PM

- Cobra Pose
- Locust Pose
- Full Locust Pose
- Bow Pose
- Fixed Firm Pose
- Half Tortoise Pose
- Camel Pose
- Rabbit Pose
- Separate Leg Head to Knee w/ Stretching Pose
- Spine Twisting Pose
- Kapalabati Breathing (Blowing in Firm Pose)



DETAILS

DATES & TIME :

WORKSHOP 1 : 11 JULY (SATURDAY) | 12:30PM – 4:00PM

WORKSHOP 2 : 12 JULY (SUNDAY) | 12:30PM – 4:00PM

WORKSHOP 3 : 18 JULY (SATURDAY) | 12:30PM – 4:00PM

LOCATION:

YOGA EDITION @ MILLENIA WALK

WORKSHOP RATES

FULL WORKSHOP SERIES [ALL 3 WORKSHOPS]

PAST WORKSHOP PARTICIPANT \$218

EARLY BIRD \$228

REGULAR \$238

2-WORKSHOP PACKAGE [CHOOSE ANY 2 WORKSHOPS]

PAST WORKSHOP PARTICIPANT \$158

EARLY BIRD \$168

REGULAR \$178

SINGLE SESSION PACKAGE [CHOOSE ANY 1 SESSION]

PAST WORKSHOP PARTICIPANT \$88

EARLY BIRD \$98

REGULAR \$108

Early Bird ends on 31 May 2026.

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

OR

EMAIL US AT
events@yogaedition.sg

