

IMMERSION

YOGA  
EDITION

# 10-HOUR BACKBENDS MASTERY WITH MASTER MANTU

Carefully curated, this 10-hour Backbends Mastery workshop is an opportunity to journey into the depths of backbends, where you will gain a comprehensive understanding of backbend postures, and their physical and energetic benefits.

With dedicated practice sessions, detailed alignment instructions, and personalised adjustments, learn to execute backbends with confidence and grace, unlocking new levels of flexibility and strength.

Join us in exploring the art and science of this practice, and learn how to incorporate these powerful poses into your yoga routine.

***Suitable for all levels***


Catch the  
**Early Bird rate!**


(Till 3 September 2024)

MANTU



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Terms & conditions apply.

## **WORKSHOP ITINERARY:**

**DAY 1: 5 OCTOBER (SATURDAY) | 10:00AM – 4:00PM**

### **ROOTS OF BACKBENDING**

Learn how to build a strong foundation for a safe backbending practice, and how to enhance spinal flexibility and strength. You will also gain heightened awareness of body alignment and mechanics.

#### **KEY FOCUS AREAS**

- Introduction to the benefits of backbends
- Understand spinal anatomy and mechanics
- Warm-up sequences and targeted techniques to prepare the body, cultivate flexibility, strength, and stability
- Fundamental backbends: Cobra (Bhujangasana), Sphinx (Salamba Bhujangasana), and Bridge (Setu Bandhasana)
- Discover the harmonious relationship between breath and movement, facilitating a seamless flow in your backbend practice.

### **DEEPENING THE BACKBEND PRACTICE**

Work on developing deeper flexibility and strength in the spine, as well as learn the Do's and Don'ts of backbends progression. At the end of the session, you will gain increased confidence in attempting more challenging postures.

Practitioners who do not have a regular backbend practice – modifications will be given.

#### **KEY FOCUS AREAS**

- Unlock the potential of your lumbar spine, allowing for greater freedom and suppleness
- Delve into the posterior and anterior supine of the hip joint, unravelling restrictions and unleashing the true potential of your backbends
- Techniques for deepening backbends safely
- Intermediate backbends: Camel (Ustrasana), Bow (Dhanurasana), and Locust (Salabhasana)
- Partner work and adjustments for enhanced understanding

**DAY 2: 6 OCTOBER (SUNDAY) | 10:00AM – 4:00PM**

**ADVANCED TECHNIQUES AND DEEPER INTEGRATION**

The final day of the programme will focus on enhancing overall physical and mental resilience when mastering backbends, as well as integrating backbends into a balanced and cohesive yoga practice.

**KEY FOCUS AREAS**

- Advanced backbends: Full Wheel (Urdhva Dhanurasana), King Pigeon (Kapotasana), and variations
- Addressing common challenges (faced during different stages of backbend practice) and how to overcome them
- Sequencing backbends into a yoga flow
- Cooling down the counterposes to balance the practice

Participants who complete the full 10-hour programme will be issued a **CERTIFICATE OF COMPLETION**.

## DETAILS

### DATES:

5-6 OCTOBER 2024 (SATURDAY-SUNDAY)

### TIME:

SAT & SUN 10:00AM – 4:00PM (incl 1hr break)

### LOCATION:

YOGA EDITION @ MILLENIA WALK

## WORKSHOP RATES

### FULL 10-HOUR PROGRAMME

PAST WORKSHOP PARTICIPANT	\$248
EARLY BIRD	\$268
REGULAR	\$288

### SINGLE DAY INTENSIVES (DAY 1 OR 2 ONLY)

PAST WORKSHOP PARTICIPANT	\$148
EARLY BIRD	\$168
REGULAR	\$188

*Open to all! Limited slots per session!*

*\*For group sign-ups of 3 or more, enjoy an additional \$15 discount per ticket. Kindly contact [events@yogaedition.sg](mailto:events@yogaedition.sg) for more information.*

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

OR

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[events@yogaedition.sg](mailto:events@yogaedition.sg)

