

IMMERSION

DEEP DIVE INTO CHAIR YOGA

10-HOUR INTENSIVE WITH MINSU

Discover the transformative power of Chair Yoga in this comprehensive 10-hour intensive series.

As we delve into the versatile practice of chair yoga, you will learn to master fundamental and advanced chair yoga postures, refine your alignment, and enhance your breathwork techniques. Be empowered to build strength, flexibility and mindfulness, all while using the supportive structure of a chair. Gain insights into creating effective sequences, understanding the mind-body connection, and utilising chair yoga for specific health conditions and rehabilitation.


This series is designed to cater to both beginners and intermediate practitioners.


MINSU



Catch the
Early Bird rate!
(Till 11 September 2024)



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Terms & conditions apply.

WORKSHOP ITINERARY:

DAY 1: FOUNDATIONS & CORE PRACTICES 28 SEPTEMBER (SATURDAY) | 10:00AM – 4:00PM

Focus on understanding the fundamentals of chair yoga and how to build a solid foundation, from which you can leverage on to further your practice. Also attempt fun arm balancing poses using the chair as a support.

KEY FOCUS AREAS

- Introduction and overview of chair yoga
- Key benefits and application methodologies of chair yoga
- Safety and alignment principles
- Breathwork techniques in relation to practicing chair yoga
- Standing and Seated poses with sequences (sun salutation, forward bend, twist, warrior series, hips opening)
- Restorative poses (reclined bound angle pose, hero pose, child pose)
- Arm Balancing poses (crow, side crow, firefly, EPK1 / 2, peacock)

DAY 2: INTERMEDIATE / ADVANCED TECHNIQUES AND INTEGRATION **29 SEPTEMBER (SATURDAY) | 10:00AM – 4:00PM**

This session focuses on aiding you in deepening your chair yoga practice and incorporating it into your daily yoga practice.

KEY FOCUS AREAS

- Recap on key concepts covered in Day 1
- Backbends poses (camel, wheel, low and high lunge backbends, drop back)
- Inversions (supported and scorpion head stand, forearm balance, hand stand)
- Restorative poses (bridge pose, half plough pose, legs-on-wall pose, neck release)
- Therapeutic applications and modifications (adapting poses for specific needs and conditions, usage of props for support)
- Sequencing and flow (creating smooth and effective chair yoga sequences)
- Strategies for incorporating chair yoga into your daily routine

DETAILS

DATES:

28-29 SEPTEMBER 2024 (SATURDAY - SUNDAY)

TIME:

10:00AM - 4:00PM (INCL 1HR BREAK)

LOCATION:

YOGA EDITION @ MILLENIA WALK

WORKSHOP RATES

FULL 10-HOUR INTENSIVES

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

SINGLE DAY INTENSIVES (DAY 1 OR DAY 2 ONLY)

PAST WORKSHOP PARTICIPANT	\$158
EARLY BIRD	\$178
REGULAR	\$208

Open to all! Limited slots available.

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

OR

EMAIL US AT
events@yogaedition.sg

