

# STRONG KNEES, STRONGER FOUNDATION

A PILATES REFORMER CLINIC WITH MASTER MOHAN

A specialised 3-hour Pilates Reformer clinic, focusing on knee health and mobility in a therapeutic environment. With only 5 participants per session, this intimate setting ensures that personalised guidance takes center stage. The exercises and movements are carefully selected to alleviate knee pain, improve strength in the lower body, and restore overall knee mobility.

This clinic takes on a therapeutic approach, focusing on exercises that promote knee healing and long-term joint health. Participants will work on stabilising the knee, strengthening surrounding muscles such as the quadriceps, hamstrings, and glutes, and improving flexibility. With a strong emphasis on proper alignment and movement patterns, this clinic is perfect for seniors or anyone looking for effective, low-impact solutions to knee pain and discomfort, ultimately improving overall knee function and longevity.



LED BY MOHAN



Catch the  
**Early Bird rate!**  
(Till 27 January 2025)

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## **CLINIC OVERVIEW**

- Introduction to knee anatomy and how Pilates Reformer exercises can support knee rehabilitation and strength development
- Discussion of common knee issues such as osteoarthritis, patellar tracking, and ligament injuries.
- Opportunity for participants to share individual concerns or areas of focus.

### **PART 2: WARM-UP (20 minutes)**

Gentle Full-Body Movements:

- Footwork on the Reformer (Light resistance)
- Leg Circles with Straps
- Knee Lifts with Assistance

### **PART 3: STRENGTHENING & STABILISING THE KNEES (45 minutes)**

Targeted Reformer Exercises:

- Single Leg Presses (Moderate Resistance)
- Bridge Work on the Reformer
- Side-Lying Leg Work
- Adductor Stretch and Strengthening
- Lunges with Reformer Support

### **PART 4: KNEE MOBILITY & FLEXIBILITY (30 minutes)**

Stretching and Mobility Focuses Exercises:

- Hamstring Stretch with Straps
- Calf Stretch on the Reformer Footbar
- IT Band Stretch with Straps
- Hip Flexor Stretch with Reformer Support
- Hamstring Curls via Reformer

## **PART 5: ALIGNMENT & KNEE-FRIENDLY MOVEMENT PATTERNS (30 minutes)**

Posture and Alignment Training:

- Single Leg Standing Work on Reformer
- Foot-to-knee Alignment Drills
- Proprioception Training

## **PART 6: COOL DOWN & RELAXATION (15 minutes)**

Gentle Stretching and Breathing

- Quadriceps Stretch on the Reformer
- Full-Body Reformer Stretch
- Guided Breathing

## **PART 7: Q&A TAKEAWAY TIPS (15 minutes)**

Discussion & Personalised Guidance:

- Questions on specific knee concerns or further modifications
- Provide tips for at home exercises that include gentle stretches and knee strengthening movements

## DETAILS

### DATES:

15 OR 16 FEBRUARY 2025 (SATURDAY or SUNDAY) [Fully booked]  
1 OR 2 MARCH 2025 (SATURDAY or SUNDAY) [NEWLY ADDED]

### LOCATION:

YOGA EDITION @ MILLENIA WALK

### TIME:

Select any of the sessions below, limited to 5 participants per slot.

Session 1 : 15 February (Saturday)	09:30am – 12:30pm [Fully booked]
Session 2 : 15 February (Saturday)	01:30pm – 04:30pm [Fully booked]
Session 3 : 16 February (Sunday)	09:30am – 12:30pm [Fully booked]

### NEWLY ADDED

Session 4 : 1 March (Saturday)	09:30am – 12:30pm [Fully booked]
Session 5 : 2 March (Sunday)	09:30am – 12:30pm [Fully booked]
Session 6 : 1 March (Saturday)	01:30pm – 04:30pm
Session 7 : 2 March (Sunday)	01:30pm – 04:30pm

## WORKSHOP RATES

### CLINIC RATES (Select only 1 session)

PAST WORKSHOP PARTICIPANT	\$128
EARLY BIRD (TILL 27 JANUARY 2025)	\$138
REGULAR (FROM 28 JANUARY 2025)	\$148

*Open to all! Only 5 slots per session.*

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

**OR**

**EMAIL US AT**  
[events@yogaedition.sg](mailto:events@yogaedition.sg)

