

# Yoga Training - Girls Only

## Details

### Description

Free Yoga training with Stefana Brunetto under the Krishnamacharya lineage which is a classical breath centred style. The training is focused to connect and bring more awareness to the mind, body and soul to better overcome stress, anxiety, depression and anger to learn and know oneself better.

### Date

13 January 2021

### Start Time

20:00

### End Time

21:00

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## Costs

### Costs

Free

## Event Repeats

### Repeats

There are currently no upcoming scheduled repeats

## Venue Information

### Address 1

Online - Zoom

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