

Yoga and Meditation with Carly Stojisavljevic



A wellness practitioner, with a focus on Yoga, Meditation and low-impact fitness.

Everything begins with the Breath ...
Breathwork, Mindful Awareness and Meditation ...
... managing your breath helps to navigate situations from a place of peace and calm. Here is a quick summary of her expertise.

- Wellness Instructor for four years and Practitioner for over 20 + years.
- Yoga and Barre Teachings
- Yoga, Meditation, Breathwork, Barre, Low Impact Fitness, Stress Relief, Anxiety Reduction and overall wellbeing.

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