

A LIICHT STORY

Liicht Yoga was founded by Lina in 2021 to share her love for yoga practice after struggling with her mental health. Liicht Yoga (lick-t) which means 'light' in German, is on a mission to inspire fellow colleagues and like minded individuals to practice yoga for resilience.



Inspired by Lina's corporate work life, Liicht Yoga's collections are designed to help corporate professionals easily incorporate yoga practice into their high pressure and demanding lifestyles.

Each garment is made from premium recycled materials that cares for the environment and supports mental **health** by contributing to Beyond Blue.







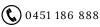


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(0451 186 888 SUPPORT@LIICHTYOGA.COM