



## 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.



# VERSATILE & CONSCIOUS YOGAWEAR



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CONSCIOUSLY DESIGNED FOR WORK, YOGA PRACTICE AND BEYOND