



Yoga Canberra - Art of Living



Art of Living provides [yoga Canberra](#) to help you rediscover joy, cope with everyday stresses, and become a calmer, more confident you.

Over the course of 40 years and across 156 countries, these yoga courses have helped over 450 million people find their way to a stress-free and happier life through research-backed yoga exercises for breathing and meditation.

Art of Living's Yoga classes are available in multiple locations throughout Canberra and can be booked online at any time. Begin your journey to a calmer, happier life right now.