

Shyamala Benakovic

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Shyamala Benakovic has an Advanced Diploma of Yoga Teaching and has been practicing yoga since childhood as part of her Indian Classical Dance Training.



Her classes have a focus on Vinyasa flow with attention to the physicality and energetic intent of the asanas, and include the practice of Pranayama, Meditation and Relaxation. Shyamala encourages her students to listen to their bodies by leading them to develop body awareness and establish a relationship with their breath. She encourages her students to find their own yoga practice and to ultimately

recognise yoga as a way of life.

"I believe that the practice of goodness that is within all of us. It support and nurture us on journey."

yoga reveals the true is this that will our lifelong

