

Yantra Yoga at the Woodford Folk Festival, Australia

Date : January 6, 2019

This Year Oni Mckinstry, Emily Coleing and Sean Reed ran Yantra Yoga classes three consecutive days at Woodford, Australia's largest folk festival.

We were very blessed with the weather this time round; Clear sunny days all through the festival. Fantastic turnouts were seen for all three classes with numbers ranging between 50 and 100 people per class.

In general the classes were very well received, with many people leaving contact details for further information on Yantra Yoga. A couple of people have since been in contact with Oni regarding attendance at her weekly classes.

The festival itself was also great fun for all of us with a wide range of great music and delicious food enjoyed by all.





