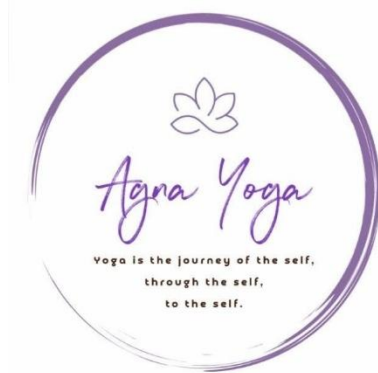


## Agna Yoga Wellness – VIC 2025



Agna Yoga Wellness was born from founder Sneha Harish’s journey of healing and spiritual awakening, inspired by the transformative power of inner stillness.

Rooted in the wisdom of the Bhagavad Gita — “Yoga is the journey to the self, through the self, to the Self”.

Agna practice is rooted in the belief that yoga is not just physical movement, but a sacred exploration of who we truly are. At Agna, each session is an invitation to pause, reflect, and re-align with your highest self, in a space that honours authenticity and spiritual growth.

Whether starting out or deepening your practice, Agna Yoga Wellness invites you to walk inward with grace, awareness, and self-love.

<https://www.instagram.com/p/DM96T7dy2SO/?igsh=MTgxY21jNWt3d3Rpbw=>

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[https://youtu.be/0Lo7e\\_9D97k?si=Glk860SNXqt-bj7q](https://youtu.be/0Lo7e_9D97k?si=Glk860SNXqt-bj7q)