



# MINDFUL YOGA

## A Yin/Yang Experience

Offered by Chicago teacher Linda Karl, RYT

Friday, March 25, 2011

6:00-8:00 pm

**\$20 pre-registered**

**\$25 at the door**

Mindful Yoga is the Yoga of Awareness. It is an eclectic blend of slow movement, vinyasa, and yin yoga, flowing wherever our intuition leads us. You will be encouraged to mindfully explore your edge as you strengthen your body, expand your heart, free your mind, and cultivate equanimity. You will be challenged and supported, but most importantly, you will enter into the stillness at the heart of movement and experience the energy that moves in the stillness of meditation.

**All levels of Yoga practitioners welcome!**

**Three ways to register:**

- Call 217-698-8177
- Email [info@namasteyoga.com](mailto:info@namasteyoga.com)
- Stop by 907 Clocktower Drive

Check out Linda's website [Linda Karl @ http://lindakarl.net](http://lindakarl.net)