



Nourishing Your Inner Warrior

A Yin/Yang Experience

Offered by Chicago teacher Linda Karl, RYT

Saturday, March 26, 2011

1-4 pm

\$40 pre-registered

\$50 at the door

Join us for a yin-yang yoga practice that will enliven the 3rd chakra (Manipura) located in the solar plexus. This chakra governs our will, self-esteem and sense of personal power.

When energy flows freely through this chakra, we're confident about our ability to manifest our intentions and desires -- when blocked, we feel powerless and frustrated.

You will learn to relax into this seat of personal power so that you can relax into the NOW in order to meet your life wholeheartedly.

Taoist yogic theory holds that it is our purpose to heal the Self so that we can heal the world -- to open the heart we must create a strong and balanced belly center: strength receives softness, softness supported by strength.

The grounding yin practice will emphasize the expanding energy of the liver chi. The slow flow vinyasa practice will visit strong standing poses to renourish and balance our earth energy. Mudra, mantra, and specific meditations and pranayama will also be used for this enlivening class.

All levels of Yoga practitioners welcome!

Three ways to register:

- Call 217-698-8177
- Email info@namasteyoga.com
- Stop by 907 Clocktower Drive