

Namaste Yoga Center
presents

~Yin Yang Yoga~

Stretching into Stillness

Saturday, December 5, 2009

Noon-3 pm

Linda Karl, R.Y.T.

www.metta-yoga.com

Batavia, IL

Earlybird special ~ \$40
After Nov. 28 ~ \$50

Register at:
info@namasteyoga.com
217-698-8177

Namaste Yoga Center
907 Clocktower Drive
Springfield, IL 62704