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Springfield, IL 62704

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presents

~Yin Yang Yoga~ Stretching into Stillness

ABOUT THE TEACHER:

Linda Karl's first OM was in 1973 and she has been a spiritual seeker ever since. Over the last 15 years, Linda has immersed herself in the study and practice of the complete path of classical yoga and meditation, cultivating a breath-based, heart-centered yoga practice. She has over 1000 hours of training in both the United States and in India at the prestigious Krishnamacharya Yoga Mandiram.

She completed Yin Yoga teacher trainings with Paul Grilley and Sarah Powers and introduced yin yoga to Tanzania, Africa in February 2010! Linda also completed the 1st Mindfulness Yoga and Meditation Training at Spirit Rock Meditation Center in



Saturday, Oct. 9, 2010

1:00 – 4:00 pm

Linda Karl, RYT



Namaste Yoga Center
907 Clocktower Drive

www.metta-yoga.com

Batavia, IL

~YIN YANG YOGA~

Stretching Into Stillness

This three-hour master class will explore both practices of

- Yin (or passive) and
- Yang (or active) Yoga.

This combination of yoga practices consciously paired with mindful awareness will allow you to explore your boundaries, experience the present moment, and gently expand yourself beyond what was previously known.

The opening Yin sequence of long held floor poses will encourage calm abiding (samatha) and loving-kindness (metta) and along with pranayama

investigation, will open your body and enliven your mind for meditation.



A slow flow vinyasa class will follow allowing you to develop a moving meditation.

A dharma talk will be given during the yin practice on applying Buddha's Four Foundations of Mindfulness to your yoga practice.

Class will close with metta meditation.

Cost: \$40 – Early Bird
\$50 - After Oct. 1

Limited Enrollment-Register Early!



"I am very gratified to know you (Linda Karl) are presenting a broad view of yoga and sharing with people more of the philosophical and spiritual sides of yoga..."

Paul Grilley, 2007

This master class is recommended for students of all levels with a beginner's mind and is especially recommended for athletes and people who are chronically "stiff."

An open mind rather than an open body will deepen the experience of this profound and powerful practice.

Be a true spiritual warrior and come home to the truth of your own heart.

