

**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](http://www.metta-yoga.com)

Batavia, IL

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

Register at:  
[info@namasteyoga.com](mailto:info@namasteyoga.com)  
217-698-8177

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