



#### ABOUT THE TEACHER:

Linda Karl, a student of yoga for 15 years, is certified through the Chicago Yoga Center and has completed Yin Yoga teacher trainings with Paul Grilley and Sarah Powers.

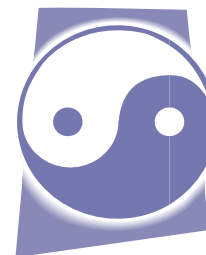
Linda travels to Chennai, India every year to study at the prestigious Krishnamacharya Yoga Mandiram with TKV Desikachar presiding. She is an ongoing student of Srivatsa Ramaswami of Chennai and has been introduced into the Vinyasa Krama method of Sri Krishnamacharya.



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# Namaste Yoga Center presents

## ~Yin Yang Yoga~ Stretching into Stillness



Saturday, May 16, 2009  
Noon – 3:00 pm

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*Linda Karl, RYT*  
[www.metta-yoga.com](http://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.

Yin yoga consists of long-held poses (3-5 minutes) focusing on the connective tissue of the hips, pelvis, and spine. We will passively stretch the tendons and ligaments in order to unblock and distribute chi (prana) throughout the meridian system (the nadis), clearing blockages and balancing the organ and meridian systems for our general health. This powerful practice will open your body and enliven your mind for meditation.



A slow flow vinyasa class will follow visiting the poses that you already love.

You will relish the extra space cultivated in the yin shapes as you discover a new found sense of freedom and grace in yang movement.

We will close with breath work and guided Mindfulness Meditation.

**Cost: \$40 – Early Bird  
\$50 - After May 11**

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.

