

## EXPLORING YIN YOGA AND MINDFULNESS MEDITATION

Explore the quieter side of yoga and discover why less is more. Yin yoga is not a different style of yoga but is a different way to BE your yoga. Learn the basic principles of Yin yoga and discover how it is a complement to active yoga practices as well as to our busy lives. Yin yoga keeps the body supple while encouraging stagnant chi (prana/life force) to flow throughout the joints, balancing the organ and meridian systems for our general health. With its deeply nourishing asanas that are held for 3-5 minutes (no standing poses), yin yoga encourages a greater capacity for mindful awareness, helps you realize a deeper sense of peacefulness, and leaves you with a sense of heightened energy throughout the entire body. **Because it targets the connective tissue of the hips, pelvis, and lower spine, Yin yoga is recommended for people who are chronically “stiff”, for athletes, and for anyone who wants to alleviate tight hips and low back pain. Class will end with guided mindfulness meditation. Yoga Alliance contact hours credit available for yoga teachers.**



**DATE: January 14<sup>th</sup>, 2012**

**TIME: 1:00pm – 4:00pm**

**COST: \$50.00**

Linda Karl is registered with the Yoga Alliance as an E-RYT and has over 3,000 hours of combined training and teaching experience. She now divides her time between India and home base in Batavia, Illinois. Linda studies yearly at the prestigious Krishnamacharya Yoga Mandiram in Chennai, India, was one of the first Yin Yoga teachers in the Chicago area, and introduced Yin Yoga to the Arusha, Tanzania yoga community in 2010. She created Metta Yoga™ Therapy, a unique somatic healing modality deeply grounded in mindfulness practice and is certified by The Trauma Center, Brookline, Massachusetts, in teaching Trauma Sensitive Yoga. Linda's classes are a tapestry of breath-body-mind-spirit. She endeavors to bring her passion for the teachings and her belief that yoga is the vehicle for self-transformation into the lives of her students, believing that yoga is lived off the mat. Linda can be reached through her website, <http://www.metta-yoga.com>.



400 E. Hillcrest Dr. Ste. 110

Dekalb, IL 60115

815-758-5508

[www.wholept.com](http://www.wholept.com)