

North Carolina's first Ashtanga Yoga Weekend October 19-21.

Join us for a fun filled Yoga weekend
and vegetarian feast at
Skip & Mary Anne's.



Friday 4:00-6:00PM Mysore Ashtanga with Michelle Dorer, Owner and Director of Ashtanga Yoga Outer Banks followed vegetarian dinner at Skip and Mary Anne's. \$25 *dinner included

Saturday 8:00-10:00AM Mysore Ashtanga with John Bultman, Authorized Level 2 Ashtanga teacher from University of Virginia's Mysore Ashtanga Initiative, UMAI, Charlottesville, VA followed vegetarian food at Skip and Mary Anne's. \$25 *

4pm – 6PM Led Primary Series with Bobbi Misiti, Owner and Director of Be Fit Body and Mind Yoga, Harrisburg, PA 6:30PM - vegetarian dinner at Skip and Mary Anne's. \$25 *

Sunday 8-10:00AM Mysore with Bobbi Misiti \$25

For info call 919-663-3687, email jpskipdoty@aol.com, or visit www.ashtangayogaobx.com, www.befityoga.com