



Weekend Workshop Ashtanga 2nd Series with Bobbi Misiti, FMCHC Friday September 29th – Sunday October 1st, 2023

Body Mind & Core Yoga Studio
225 South 19th Street, Camp Hill, PA

Second series can be intimidating, but don't let it intimidate you! It is a graceful arrangement of poses that is more accessible than most people realize. Every asana can be modified and demystified to suit each individual. Bobbi will gently lead you through the series, slowly giving you lots of modifications and tips to safely explore each asana in an inviting and warm environment. This workshop is open to all students and teachers who have an interest in the Ashtanga practice.

Schedule

Friday 5:30 pm-7:30 pm

Why back bending? When and how to start and how to progress. Practice will be led through the first half of second series.

Saturday 12 noon-3:00 pm

Introduce how to practice and modify the leg behind the head series. Practice will be led up to pincha mayurasana (forearm balance).

Sunday 12 noon-3:00 pm

Full 2nd series led gently and compassionately! Some time will be spent to break down and learn the more advanced poses in the series.



Pricing \$225 for entire workshop or \$85 per day
(Acceptable payment methods include Cash, Venmo, PayPal, or Check)

Vicky Milonopoulos
@BodyMindCore



venmo

Bobbi Misiti
@Bobbi-Misiti



venmo

Spots are limited!
To register for this event contact:
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Bobbi at 717-443-1119
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www.befitbodymind.org

www.bodymindandcorestudio.com