

North Carolina's first ASHTOBERFEST October 19-21.

Join us for a fun filled Ashtanga yoga Weekend at Skip and Mary Anne's.



Friday **4:00-6:00PM Mysore Ashtanga with Michelle Dorer**, Owner and Director of Ashtanga Yoga Outer Banks followed by a Potluck dinner at Skip and Mary Anne's.

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 by Chai and chats/snacks (10:00AM-11AM) at Skip and Mary Anne's.

Saturday **4pm - 6PM Led Primary Series with Bobbi Misiti**, Owner and Director of BeFit Body and Mind Yoga, Harrisburg, PA Bobbi has studied extensively with Nancy Gilgoff since 2003 and has practiced since 1996. 6:30PM - Potluck Dinner and Discussion

Sunday **8-10:00AM Mysore Ashtanga with Bobbi Misiti**

For info or Directions call Skip Doty 919-663-3687 or email jpskipdoty@aol.com