



FOR IMMEDIATE RELEASE

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Yoga for the coast in Nags Head

NAGS HEAD - Join Michelle Dorer, owner and director of the Ashtanga Yoga Center Outer Banks, and Lindsay Dubbs, a N.C. Coastal Federation Advisory Committee member, on Saturday, May 17, for a morning of yoga on the coast, for the coast.

Participants will learn about the federation and its local efforts to work for a healthy coast. At 10 a.m., Dorer will lead a 90-minute yoga class at the yoga center in Nags Head. The session will be suitable for all levels.

Please bring your own yoga mat or towel and water. Wear comfortable clothes that allow you to move easily.

There is no cost to participate but a donation of \$15 is suggested. All proceeds will benefit the federation's local education programming. Advanced registration is recommended.

The federation was founded in 1982 and has had an active presence in Dare County since they opened their Manteo office in 2003. They are currently restoring marsh and oyster habitats in Dare and Hyde counties. Students from area schools are involved in their work through classroom lessons and field trips that include hands-on restoration activities.

To learn more about the federation, register for the charity yoga event, or make a donation visit www.nccoast.org or call Erin Fleckenstein at (252) 473-1607.

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