

BUTI YOGA

Weekly Sundays @ 10:00-10:45AM

Weekly Tuesdays @ 7:00-7:45PM

UpDog Yoga-Rochester

Buti yoga®

JOIN
OUR
TRIBE
AND

HIGH - INTENSITY
FUSION OF YOGA
TRIBAL DANCE
+ PLYOMETRICS

thrive.

What is Buti Yoga? A Soulful Blend of Power Yoga, Cardio-Intensive Tribal Dance, Conditioning & Deep Abdominal Toning

Certified Buti Yoga Instructor, Virginia Dodge, will help you tap into your creativity with this dynamic Yoga class. Learn to incorporate isolation of core musculature into your Yoga practice alongside dance hall inspired music, innovative floor work and an environment focusing on self-love and body confidence. This style balances high intensity sequences with traditional Yoga poses and tribal dance techniques for a total body workout that is fun, freeing and invigorating!

Buti Yoga is part of our regular weekly class schedule on Sunday mornings and Tuesday evenings. Walk-ins always welcome. Regular class rates apply.



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
Named "2017 Best Yoga Studio In Metro-Detroit" by WDIV ClickonDetroit.com