



INTRO TO BUTI YOGA

WORKSHOP

Saturday, Feb. 23

3:00PM-4:30PM

\$20 per person (\$25 door)



Explore Buti Yoga: A Soulful Blend of Power Yoga, Cardio-Intensive Tribal Dance, Conditioning & Deep Abdominal Toning

The Buti method helps tap into your inner power to clear away stuck energy, build confidence, focus on self-love and facilitate inner transformation. This workshop is a great introduction to learn what Buti Yoga is all about before trying your first Buti Yoga class.

In this intro workshop, presented by certified Buti Yoga Instructor, Virginia Dodge, you will learn:

- What Buti Yoga is and the Buti theory
- Differences and similarities of Buti to traditional Yoga
- How Buti can enhance your current Yoga or workout practices
- A breakdown of the foundational movements of Buti

Then we'll celebrate with a short Buti practice!

All workshop attendees receive a FREE Buti Yoga class for either of our Sunday 10AM or Tuesday 7PM Buti Yoga classes offered at UpDog-Rochester!

Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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