

BUTI YOGA

INTRO TO BUTI WORKSHOP
Friday, Sept. 28 @ 7:30PM-9:00PM



START YOUR *TRIBAL DANCE + PRIMAL MOVEMENT + DYNAMIC YOGA*
TRANSFORMATION
transform your BODY + SOUL

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

**\$25 per person
(\$30 door)**

In this workshop, we'll dive into the theory of Buti, breakdown the foundational movements, and celebrate with a short practice. The Buti method helps tap into your inner power to clear away stuck energy, build confidence, focus on self-love and facilitate inner transformation.

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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