

BUTI DEEP- RESTORATIVE WORKSHOP



MASTERFUL + INTENTIONAL

BUTI YOGA
DEEP

FRIDAY, AUGUST 16
7:30-9:00 PM

\$15 per person in advance
\$20 per person at the door

BUTI DEEP IS A RESTORATIVE PRACTICE THAT USES SPIRAL STRUCTURE TECHNIQUE TO CONNECT MIND TO MUSCLE. COME JOIN US FOR THIS LOW-IMPACT CLASS WHERE WE WILL FOCUS ON PHYSICAL TOUCH, PERSONAL MASSAGE, FUNCTION RESTORATION AND MUSCLE INNERVATION. ALLOW YOUR BODY TO RECONNECT THROUGH TUTORIALS, A 60-MINUTE CLASS AND A BINAURAL MEDITATION TO CLOSE THE WORKSHOP.

Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>
www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 // 248.608.6668