

# BUTI YOGA

NEW CLASS! beginning Oct. 2  
Weekly Tuesdays @ 7:00PM-7:45PM  
UpDog Yoga-Rochester

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



***A Soulful Blend of Power Yoga, Cardio-Intensive Tribal Dance,  
Conditioning and 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 as well as tribal dance techniques.

Regular class rates apply.



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
Named "2017 Best Yoga Studio In Metro-Detroit by [ClickonDetroit.com](http://ClickonDetroit.com)