

BUTI

YOGA

with Sarah Lesser

at First in Fitness

Thursdays 6:00-7:15pm starting September 21.

BUTI YOGA

Buti Yoga is a calorie scorching, full body work out! This empowering movement practice combines elements of power yoga, cardio intensive tribal dance and plyometrics - all with the intention of awakening your feminine energy (men AND women are welcome - we all have feminine energy!). Utilizing the Bandhas or internal locks/gates (part of any traditional yoga practice) as well as the Spiral Structure Technique created by celeb trainer Bizzie Gold, Buti focuses on deep core engagement to sculpt and tone the stabilizing abdominal muscles that strengthen and support the entire body. Buti Yoga is all about reaching deep and connecting with yourself to step into your true strength and power - inside and out.

All levels, all ages, all PEOPLE are welcome!

Come and join us for a booty shaking, sweat pouring and heart opening BUTI YOGA class and see for yourself what everyone's been talking about.

Get ready to SWEAT with intention!

(For more info contact jpello@firstinfitness.com or call 223-6161. First in Fitness 652 Granger Road, Barre, VT 05641)