

BE BRAVE WITH YOUR LIFE // SWEAT WITH INTENTION //

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BUTI YOGA CERTIFICATION

Music guides Buti® classes like an internal GPS - no more 8 counts or reps. The beat blended movement forces you out of your head and INTO YOUR BODY. It is in THIS magical place that you integrate your human experience instead of escape it. Buti® incorporate elements of shaking + vibration to help release stored trauma and stimulate cellular reorganization.

This Certification Includes:

- Learn proper yoga alignment for poses utilized in Buti® sequencing
- Delve deep into the Spiral Structure Technique®
- Build a foundation for cueing, adjustment and modification
- Learn how to properly sequence a Buti® class using dynamic variations + sequences that fit our class guidelines.

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