



STRENGTH MEET GRACE

HOTCORE® CERTIFICATION

HotCore® is a 30-minute class format that utilizes the Spiral Structure Technique® to engage the deep muscles of the core. Broken into pre-sequenced sets to maximize muscle toning, look, and functionality, HotCore® is the perfect add-on class for students looking to enhance core strength or push the limits of their yoga practice. Students practice in socks to facilitate fluid "drag" or friction creating resistance. The majority of movements in HotCore® build deep core strength best accessed through an exaggerated tucking of the pelvis and intentional rounding of the spine. In between sets, students move to restorative yoga asanas to stretch and lengthen. HotCore® classes can be taught in non-heated and heated rooms alike. Temperatures can range from 80-95.

This 1- day certification includes:

- Alignment + Sequencing Your HotCore® Classes
- Structure Sets + Modifications
- Modifications + Injury Prevention
- Testing + Demonstration

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\$350 USD Investment

REGISTER TODAY @ bit.ly/hotcore