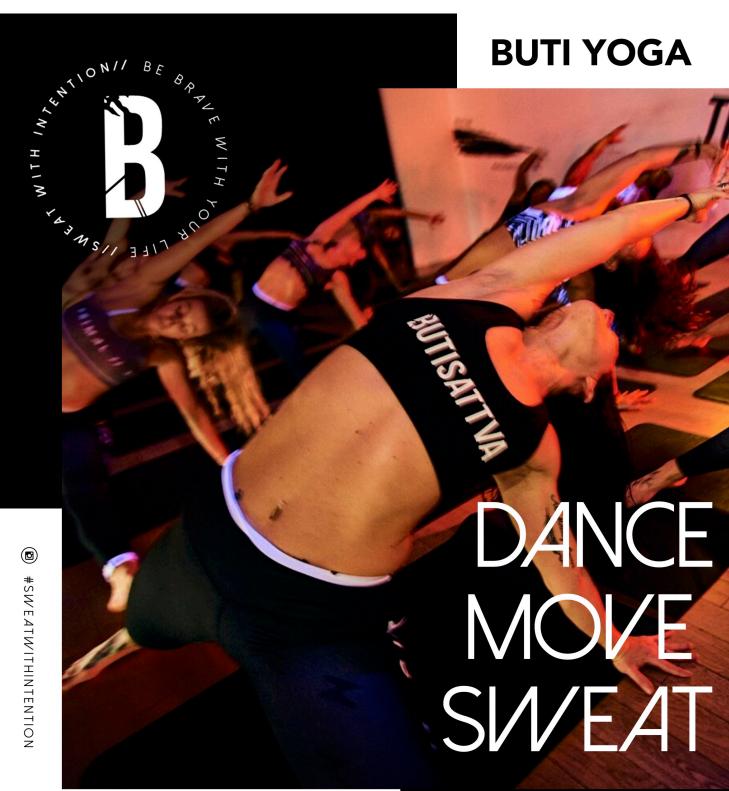
BUTI YOGA



The only way to transform your body in a sustainable way is to fall in LOVE with your workout + wellness lifestyle. Buti® Yoga isn't a workout; it's a chance to create, let go, connect and sweat with intention. Every time you step on your mat, break through the emotional or physical barriers to set yourself free. This calorie-scorching workout fuses power yoga with cardio-intensive tribal dance + body sculpting movement. Created by Celebrity Trainer Bizzie Gold, Buti® Yoga utilizes the Spiral Structure Technique® to sculpt + tone the deep abdominal muscles that stabilize and strengthen the body. Instead of linear movements, Buti® favors movements that challenge the body along all planes of motion -THE RESULT - long, lean muscle with sexy feminine curves.

DATE: Dienstags

TIME: 9:30

INSTRUCTOR: Sandra Garfia

STUDIO: Entre Amigos e.V.

Humboldstrasse 20, 65189 Wiesbaden

Bitte TERMINE beachten!!!!