

# BUTI YOGA

DON'T LET YOUR SWEAT GO TO WASTE.

BE BRAVE WITH YOUR LIFE  
SWEAT WITH INTENTION

# B

# DANCE MOVE SWEAT

Instagram icon #SWEATWITHINTENTION

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.  
Humboldtstrasse 20, 65189 Wiesbaden

Bitte TERMINE beachten!!!!