

Buti Yoga – The What’s & Why’s

DISCLAIMER: Buti Yoga music can be explicit (contain swears & inappropriate statements), it’s all about the beat & letting go of judgment

What is Buti Yoga?

- **Buti** literally mean “a cure that has been hidden or kept secret”
 - Is it all about the **BOOTY**? NO! It’ll give you a great ass though 😊
- **Yoga** literally means “to join or unite.”
 - In Yoga, the **joining of the soul body and the physical body** is achieved through a series of steps including physical movement, focus, breath work, ethical behavior and meditation
 - Yoga is NOT a religion. ANYONE can be a Yogi or Yogini
- **Buti Yoga** is a soulful blend of **power yoga, cardio-intensive tribal dance, conditioning and DEEP abdominal toning**. It also facilitates complete inner transformation.
 - **Students AND Teachers are encouraged to let go of their minds**
 - Classes are NOT pre-choreographed, moves will NOT go right to left, combinations won’t go in order. **LET GO OF COUNTING & KEEPING TRACK!**
 - Songs can go from light stretching to intense tribal dance in a matter of seconds. **JUST LET IT HAPPEN!**

What Should I Expect?

- Movements and music incorporate **Chakra balancing** techniques (more on this below), and activating **Kundalini** (a concentration of feminine energy that lies dormant at the base of your spine), but you won’t even know!
- **ROCKIN’ ABS ARE POSSIBLE!** Buti uses the patented **Spiral Structure Technique™** which trains the muscles of the core using opposing muscle pairs. Most core training is linear which overworks some muscles and, more important, MISSES the deep stabilizing muscles of the abdomen and oftentimes important back muscles. All you need to know is **THOSE BABY SPIRALS WE DO ARE THE GOLDEN TICKET!**
- **We won’t use a mic.** Let go of having to hear every cure (they’ll be minimal anyway). Trust that there will be time to get to moves and even if you miss one, WHO CARES!
- **We won’t modify.** Listen to your body, of course, but Buti emphasizes the belief that many people restrict themselves from what’s considered “hard” ... before even trying it! **Try it ONCE** ... you may amaze yourself!

What do I Wear/Bring?

- A Yoga mat and a towel (although the studio has both)
 - Hot Yoga mats (special moisture absorption) or Yoga mat towels highly suggested ... you gon’ sweat!
 - HIGHLY suggest: Lulu’s “The Reversible” 5mm
- Buti Yoga is done barefoot or with “Sticky Socks” (available for sale at the studio)
- “Sticky Gloves” can also be worn to help you on your mat (also available for sale)
- While Buti is truly non-stop, taking water breaks as needed is always important!

Common Terms

First of all, **NONE** of these terms need to be learned. We're simply sharing with you the definitions so you are aware what the teachers are doing/saying in their practice

- **Mula Bandha** – Literally means “root lock.” When we say “**milkshake**” ... this is what we mean
 - Engage/squeeze BOTH your front pelvic area, AND your inner butt. Yep
 - Think of **sipping a thick milkshake through a straw, with your butt**, WHILE doing a kegel
 - To find if you are a woman... contract the muscles at the bottom of the pelvic floor, behind the cervix (if you are a man, contract the area between the anus and the testes)
 - **YOU WILL ENGAGE YOUR MULA BANDHA THE ENTIRE CLASS** ... this is why the workout is incredibly effective for the core and also why **MOVEMENTS WILL BE SMALL!**
- **Breathing Techniques:** Most important is that you are **NOT hyperventilating**, inhale normal first then exhale COMPLETELY and WITH POWER
 - **Fire Breath** – In/Out FROM MOUTH. Making a “ssssss” or “shhhhhh” sound
 - **Skull Shining Breath** – In/Out FROM NOSE. Think snot rockets 😊
- **Chakra** – (Sanskrit) Each of the centers of spiritual power in the human body, usually considered to be seven in number (<http://www.mindbodygreen.com/0-91/The-7-Chakras-for-Beginners.html>)
 - **1. Root Chakra** — Represents our foundation and feeling of being grounded.
 - Location: Base of spine in tailbone area.
 - **2. Sacral Chakra** — Our connection and ability to accept others and new experiences.
 - Location: Lower abdomen, about two inches below the navel and two inches in.
 - **3. Solar Plexus Chakra** — Our ability to be confident and in control of our lives.
 - Location: Upper abdomen in the stomach area.
 - **4. Heart Chakra** — Our ability to love.
 - Location: Center of chest just above the heart.
 - **5. Throat Chakra** — Our ability to communicate.
 - Location: Throat.
 - **6. Third Eye Chakra** — Our ability to focus on and see the big picture.
 - Location: Forehead between the eyes (also called the Brow Chakra).
 - **7. Crown Chakra** — The highest chakra represents our ability to be fully connected spiritually.
 - Location: The very top of the head.
- **Asana** – Seat, a Physical Posture
- **Mudra** – A **symbolic hand gesture** used in Hindu and Buddhist ceremonies, and in Indian dance
 - **Women** – Left hand/finger always on top
 - **Men** – Right hand/finger always on top
- And for the overachievers: <http://www.yogajournal.com/article/beginners/200-key-sanskrit-yoga-terms/> 😊

Buti-Specific Alignment Reminders

- **“Tucked to Super Tucked”**
 - Even in plank or table top position, your core is so tucked in that **your back actually rounds up**
- **“Spiral Chest/Hips INWARD”**
 - Always spiral chest and/or hips TOWARD your body (only exception is floor work with leg spirals 😊)
- **“Draw Circle Around Your Spine”**
 - When doing spiral movements, they are VERY SMALL (they have to be if you're activating Mula Bandha!), so envision a pen drawing a baby circle around your spine
- **“Hold a Pen Between Your Knees”**

- When in Chair Pose/Close-Legged Demi-Squat/"Utkatasana", ankles & knees are squeezed together and inner thighs spiral inward. When moving, YOUR KNEES DON'T MOVE ... movements will be TINY ... focus on holding that pen!
- **"Back Foot FLAT Against Wall"**
 - In high lunge, the back leg steps far enough back and the lunge is deep enough such that the back foot is essentially parallel to the back wall and the heel is stacked directly over back toes
- **"Lift Up OUT of _____"**
 - **Hips** = Lift your ribs up and away from your hips, whether seated, standing upright or in a side Yoga pose like Triangle
 - **Knees** = When in knee balance (knees wider than hips, "standing" on knees, torso upright or slightly leaned back), lift UP from your quads (front of thighs) to reduce the weight load on your knees. Lean back slightly to avoid being directly on top of knees.
- **Reminder that these concepts (from Fitnezz FUNDamentalz) always apply!**
 - Knees behind toes
 - Slight bend in knees and elbows
 - Hips squared (unless in hip opening movement)
 - Engage ALL pads of fingers & palms with floor to avoid wrist discomfort (a lot of times it's a flexibility or lack of strength issue, keep working!)

Buti's 5 Core Values – Are You Ready to Make Them Yours?

1. BUILD the world you want to live in
2. You can only LEAD others as far as you've led yourself
3. The greatest gift you can give a woman is the gift of unwavering FRIENDSHIP
4. One can only be as spiritual as they are GROUNDED
5. True leaders don't create followers – they create MORE LEADERS

And Finally ... Why is it for YOU?

- Because Buti is about being **GROUNDED**. Spiritual, enlightened or even simply hyper-present people often lose sight of reality. Buti encourages believing in a greater good and power! But **not if you think you're riding a unicorn on a rainbow to a pot of gold to find it ;-)**.
- There is a **HUGE emphasis on women empowerment**, connection and support (men welcome too though ☺).
- Buti emphasizes **loving yourself TODAY**. Not the abs you'll have tomorrow, the amazing body you have TODAY. You will be amazed by how much that love grows for yourself, and others.

Get Ready to Change Your Life ...