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**Contact: Becky Scoggins
336.210.2009
RealLifeRealYoga@gmail.com**

NEW CELEBRITY YOGA STYLE COMING TO GREENSBORO

First Instructor in Greensboro to Offer Buti Yoga®

Greensboro, NC (April 20, 2016) – Yoga as a practice is rooted in history dating back over 5,000 years. Its traditions and ideologies are deeply held in serious practitioners, but for many Westerners in today's society, yoga has become mystified and somewhat convoluted. However, there's no denying the plethora of benefits that yoga offers to the body and mind, which makes it one of the fastest growing fitness trends in the United States. So what can yoga instructors and studios offer that is new, innovative and relatable to today's consumer?

Founded by celebrity trainer and yogi, Bizzie Gold, Buti Yoga® is a new hybrid style that combines tribal dance, primal movement and plyometrics into a completely new form of yoga. The result is an insanely fun and sexy calorie torching practice that has Millennials flocking to studios all over the country. Studio owners are finding this style appealing to the masses, while students in a Buti Yoga® class find a sense of community and empowerment in the class setting, in turn creating regular attendees and return visitors.

In mid-June, the first certified Buti Yoga® classes will be offered in Greensboro by certified RYT-200 yoga instructor, Becky Scoggins of REAL LIFE. REAL YOGA.™ She hopes to offer a down-to-earth approach to yoga that belies the title of her brand.

"Yoga offers so many methods for increasing the mind-body connection. Having said that, yoga can sometimes be intimidating and appear to be only for the super spiritual. Buti Yoga® offers students the opportunity to become acquainted with the yoga asanas, or poses, while still getting a great workout in a high energy type of class without a lot of chanting or prolonged meditation. In addition to working deep abdominal muscles using the Spiral Technique, as well as building full body strength and endurance, students also learn to tune into any negative self-image and create a more healthy and loving perception of themselves. Buti Yoga® is by no means considered classical yoga, but is certainly a powerful practice that not only builds and tones muscle, but also creates a sense of accomplishment and fulfillment for any level of practitioner," Scoggins says.

Buti Yoga® classes will be added to several locations where Scoggins currently teaches, including Proehlfic Park, Gold's Gym and the REAL LIFE. REAL YOGA.™ studio in the Greensboro Martial Arts Academy building on Gate City Blvd. Her full schedule, including times and locations, can be found at www.RealLifeRealYoga.com.

This two-minute video is a short introduction to Buti Yoga®: <http://youtu.be/GazjdkinfyY>

What you can expect in a typical Buti Yoga® class: <http://youtu.be/dnm1KXiIRTg>

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About Real Life. Real Yoga.™:

Becky Scoggins is the founder of REAL LIFE. REAL YOGA.™, a yoga program designed for the real world. With humble origins in the corporate arena, Scoggins spent over 15 years in marketing, advertising and public relations for large and small companies alike. Her journey with weight loss eventually led her to yoga, which turned out to be the very change her sedentary life needed. Five years later, her passion for health and wellness has enabled her to obtain her RYT-200 certification with the Yoga Alliance and National Association of Yoga Teachers, which she utilizes to teach students of all shapes, sizes and abilities. Specializing in stress and anxiety, trauma, PTSD and at-risk/ incarceration, Scoggins shares her love of yoga by equipping her students to tackle any challenge in life with a no-frills, down-to-earth approach to each class or practice. She lives in Greensboro with her husband, son, and spoiled chihuahua.