

Advertisement

Raymour & Flanigan®  
FURNITURE  
MATTRESSES

**IT PAYS TO GIVE BACK**

**HOLIDAY SWEEPSTAKES**

**\$500** RAYMOUR & FLANIGAN GIFT CARD FOR YOU

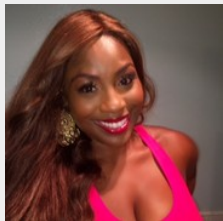
**PLUS**

**\$500** DONATION TO YOUR FAVORITE CHARITY

Enter Sweepstakes

Close Ad X

Report this ad



**Lakesha Yvette Walker**  
LA Dance Fitness Examiner

[Read Bio](#)

**LIFE / HEALTH & FITNESS / FITNESS & EXERCISE**

See also: [bethenny frankel](#), [yoga](#), [fat burning](#), [weight loss](#)

# Unleash Your Power & Get Sexy With BUTI: LA's Hot Body Solution!

f Like 3K

July 12, 2012  
6:04 PM MST





### RELATED STORIES

Kim Richards walks out on Dr. Phil after he disses her mothering: Refuses rehab

Bruce Jenner wears dress in photos: Sex change transition to woman continues

Bruce Jenner wears dresses and bras at home: Fears sex change backlash

Sandra Bullock crowned Most Beautiful Woman: Her yoga and low-carb diet secrets

Albolene the secret weight loss cream

Why does sneaking out of [yoga](#) always require a plan? You have to grab your keys, mat and shoes, quietly making moves until you reach freedom.

Its not that you don't love the serenity of yoga, but sometimes classes move too slow, or you need something with more punch.

And if you've ever found yourself zoning out, counting calories or wishing the teacher would play something more upbeat, its time to grab your mat and head to [Buti](#).

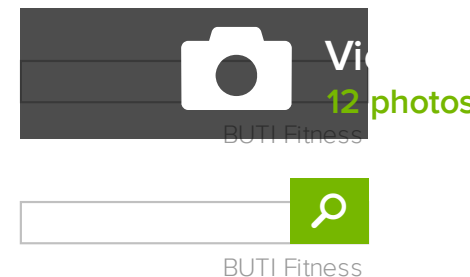
Buti is a high-intensity workout that fuses yoga and dance with circuits of plyometrics and conditioning. Classes range from 60-90 minutes and consist of deep stretching, Buti shaking and heart-pounding cardio.

Buti dance moves are taken from various styles that focus on an intense shaking of the hips (and Buti) including Miami Booty Dance, Brazilian Baile Funk, Hip Hop, Crunk and African Tribal.

It adds to Buti's secret to unlocking the perfect physique, [intervals](#) of dance-based cardio and plyometrics woven into a yoga "vinyasa."

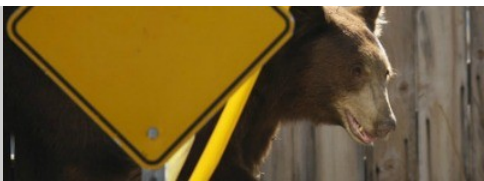
According to FitDay, most people add something to their yoga practice as [Hatha](#), [Ashtanga](#), [Vinyasa](#) and [Bikram](#) only burn around 175 to 630 calories per class. Wouldn't you rather get all you need in one session of Buti?

[Bethenny Frankel](#) recently tried it on her show, doing moves like the wide squat [Buti Bounce](#), [Buti climbers](#) and [burpee to wide squats](#). Her site now calls it, the workout to give you "[The Perfect Bikini Butt](#)."



### LIFE HIGHLIGHTS





## Black bear weighing 250 lbs. found hiding under Connecticut house

In Torrington, Connecticut, people watched a black bear, weighing 250 lbs., wander down the streets of their suburban town. Officials told WTNH news that the bear was first seen near City Hall,...



## Bruce Jenner wears dresses, bras at home: Fears backlash after sex change

Bruce Jenner is worried about the backlash he'll face after he comes out as transgender in his April 24 interview with Diane Sawyer. Bruce, who was recently photographed wearing a dress outside his...

Created by yoga and fitness expert, [Bizzie Gold](#), Buti was developed as a labor of love, and a way to save time. Buti gives you the same results as a grueling 2-hour gym workout.

[She says it is the perfect workout for those who do not have time to enjoy a solid yoga practice and also hit the gym.](#) According to Bizzie, “Adding the plyometric drills really changed my figure and helped me [bounce back after giving birth to my daughter.](#)”

She is a dynamic teacher and personal trainer with legions of [BUTI fans, A-list clients and certified instructors](#) who will inspire you to push yourself physically, as well as embrace confidence, power and a new found sexiness you will love to express.

And now that you know what Buti can do for your body, aren't you ready to unleash your power and go?

[Follow me on Pinterest.](#)

[Follow me on Twitter.](#)

If you wish to ensure you receive email updates to all of Lakesha's articles, please **subscribe** by clicking the link above and join her [Facebook page](#).

[BUTI BLOG](#)

[BIZZIE GOLD](#)

[BUTI FITNESS](#)

[BUTI SAMPLE](#)

[BUTI SCHEDULE](#)

[BUTI STREAMING](#)

 Report this content

## FEATURED VIDEO

## SHARE THIS ARTICLE



[SUBSCRIBE TO AUTHOR](#)

## Comments

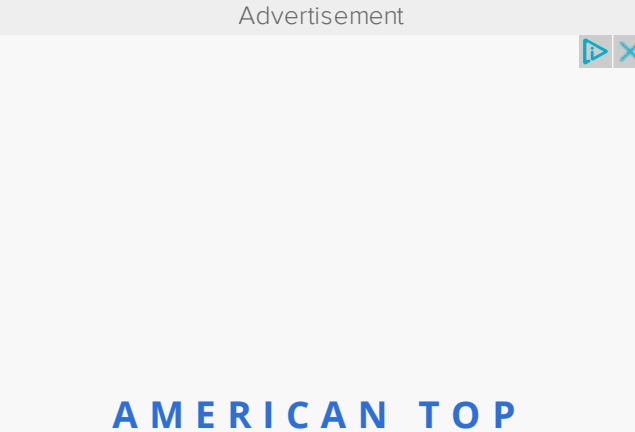
0 Comments



Add a comment...

 Facebook Comments Plugin

Advertisement



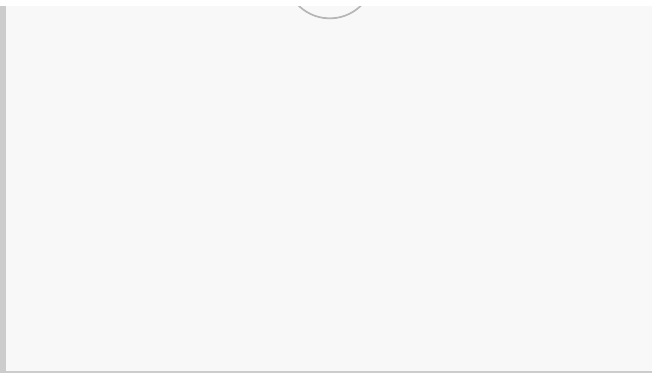
AMERICAN TOP

# TEAM DANBURY

americantopteamdanbury.com

Brazilian Jiu-Jitsu, Muay Thai,  
MMA All Ages. MMA Fighters  
Train Here.





Report this ad

## POPULAR in HEALTH & FITNESS

■ Kim Richards walks out on Dr. Phil after he disses her mothering: Refuses rehab

---

■ Bruce Jenner wears dress in photos: Sex change transition to woman continues

---

■ Bruce Jenner wears dresses and bras at home: Fears sex change backlash

---

Sandra Bullock crowned Most Beautiful Woman: Her yoga and low-carb diet secrets

---

Albolene the secret weight loss cream

---

Demi Moore furious daughter Rumer Willis got plastic surgery: Before and after

---

■ In the next five years asthma could be cured

---

Bruce Jenner sex change transition: Bruce is a cross-dresser says ex-wife

---

Miranda Lambert rocks 45-pound weight loss at ACMs: Her diet and workout secrets

---

Dr. Oz's two-week rapid weight loss diet: Lose 9 pounds in 14 days

## What's Popular

ADVERTISEMENT



**Hulk Hogan Doesn't Talk About His Son Much. Here's Why...**



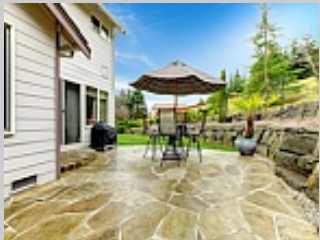
**How To Fix Aging Skin (Do This Every Day)**



**Cancer Symptoms You Can't Ever Ignore (See Photos)**



**Are you suffering from blackheads, whiteheads, skin redness?**



**Top list of the best NO obligation and FREE down payment assistance lenders you can find today.**



**You won't believe the disturbing plan Hillary has in store for America...**

**TRENDING** on EXAMINER.COM

**Why you shouldn't shave your double-coated dog**

**Man ends his own life after police confiscate his dog**

---

**📷 Huge 'Grey's Anatomy' exit: Shonda Rhimes reveals thoughts on cast members exit**

---

**📺 John Travolta son debut fail, 4-year-old Ben not quite ready for Letterman**

---

**📺 Colorado police issue warrant on Beth Chapman, wife of Dog the Bounty Hunter**

---

**Freedom from Religion is not freedom from God**

---

**📷 Khloe K Lamar: Reality star shows off tattoo for Lamar Odom**

---

**📺 Duggar divorce won't come easy: Jill and Derick Dillard have 'covenant' marriage**

---

**Water moccasin bites man in face: Snake bite antivenin saves very swollen man**

---

**📷 Huge 'Grey's Anatomy' spoiler leaked: Who is leaving the show?**

---

Advertisement

Report this ad



Advertisement

Report this ad



## COMPANY LINKS

- [About us](#)
- [OnTopic custom content](#)
- [Advertise with us](#)
- [Sitemap](#)

Examiner.com Entertainment | AXS Network | © 2006-2015 AXS Digital Group LLC d/b/a Examiner.com | [Privacy Policy](#) | [Terms of Use](#) | [About us](#)