



YogaButt®

Lift it up, tighten and tone your glutes, and get ready to totally re-do your rear view with YogaFit's amazingly fun and effective lower-body workout. Working through traditional flowing yoga poses to deeply define your inner/outer thighs, hips and glutes (as well as the rest of your body!)

The YogaButt® workout not only helps shape and define it also builds strength, reducing pain and tension through the lower back and hips. When we focus on strengthening hip abductors, glutes and hamstrings we start to release the deep tension often held in the psoas and piriformis muscles – common tightness among many runners and cyclists.

A perfect compliment to any current fitness regime!

YogaFit® Butt Sample Class

Mountain 1 – Warm-Up

1. Mountain Pose
2. Moonflower Flow
3. Sunflower Flow
4. Chair Flow
5. Cat/Cow Flow
6. Spinal Balance Flow
7. Sunbird
8. Child Pose to Plank
9. Down Dog pedal heels
10. Sun Salutations



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Mountain 2 – Work Phase

11. Downward Dog
12. Side Plank with leg raises
13. Rest or Flow
14. Crescent Lunge - Twisted Lunge
15. Rest or Flow
16. Warrior 1 – Warrior 2 – Triangle
17. Rest or Flow
18. Standing Straddle Splits
19. Pyramid – 3 Point Balance – Standing Split Flow
20. Rest or Flow
21. Forward Fold
22. Standing Balanced Pigeon

Mountain 3 – Floor Work & Stretching

23. Locust
24. Bow
25. Childs Pose
26. Camel Pose
27. Childs Pose
28. Butterfly
29. Boat – Incline Plank Flow
30. Butterfly
31. Revolving Head to Knee Pose
32. Knees to Chest
33. Bridge Pose (or Wheel)
34. Knees to Chest
35. Hand to Big Toe (Hamstring Stretch)
36. Figure 4 (Hip Stretch)
37. Knees to Chest
38. Relaxation