

BUTI~FY YOUR LIFE

When~Wednesdays
(Beginning January
15th)

Time~ 7:00-8:00pm

Where~Arlington
Elementary School on
Main Street

Contact~Michelle
ncreaser@gmail.com



Join us for a fun,
amazing class!
Introducing Buti
Yoga, a dynamic
fusion of yoga,
tribal dance, and
plyometrics.



Shannon Red Cloud will be instructing this class. Traveling from The Dalles where she operates her studio to share her latest love Buti Yoga with our community. She is certified in Bikram Yoga, Vinyasa Yoga, Yin Yoga and most recently Buti Yoga. She strongly believes in women feeling their absolute best through the power of movement!