

BU (warrior) DO (way) KON (spirit)

*Translation is :*

*"The way of the spiritual warrior"*

# BUDOKON

with Sensei Renee Diamond

**Saturday, 9/25**  
**from 12:30 - 2:00pm**

***Investment:***

***\$30 by 9/21 and \$35 thereafter***

interesting way to think and play your poses. The Dancing Dog backbend flow gives everyone the opportunity to experience their bodies in exquisite graceful expression, while The Animal Series takes your yoga off the mat and into playful action. Budokon is both FIERCE and FUN!

Budokon is a dynamic approach to yoga designed as a conditioning system for martial arts. It emphasizes upper body and core strength. Many of the asanas students know, such as plank, chaturanga, upward facing dog and downward facing dog are performed in a rolling technique that develops spinal fluidity and mindful energetic flow from one muscle group to the next, like a tiger moving through the grass.

Transitions and sequences such as Water Wheel, Windmill Lunges and Rolling Balances provide an

### **About Renee:**

Renee Diamond embodies true grit and dedication: a literal force to be reckoned with. Sensei, Dancer, Yogi, Athlete, Bodybuilding Champion, Reiki Practitioner, and more. A nationally respected fitness educator whose motto has always been "grace under pressure". She is also a world traveler, with a voracious appetite for fun and adventure, she truly believes in making all of life's journeys juicy!

354 Heights Road - Darien, CT 06820 ~ 203-655-YOGA (9642) ~ [www.elementsyoga.com](http://www.elementsyoga.com)

