

Fit Bride

Buti for Brides

by Kirby Tello

Every bride wants to look her best on her wedding day, right? Whether you want to shed a few pounds or tone up here and there, the most important work to do during wedding planning is mental. So how can a bride get in a good mental and physical workout? A bombshell new practice called Buti Yoga combines both in its holistic approach to wellness.

Buti Yoga is a cardio-intensive workout characterized by bursts of tribal dance, primal movement, and conditioning. While it is designed to offer a calorie-scorching and body-sculpting workout, Buti Yoga's benefits extend well beyond the mat and the physical practice. Erica Rose Bertero, RYT 200, Advanced Buti Yoga Instructor, and Co-Founder of Yoga Time Studios and DWNTWN Collective, says that "while the physical benefits are well rounded, those who practice Buti Yoga talk about its effects for their mental health, ability to handle stress, improving their relationships with others, and so much more." Brides who are looking for a workout regime that will help them "fit into the dress" will also get the added perk of feeling their best while being able to handle all of the stress and worry of planning their big day.

Getting down to the root of how Buti Yoga affects the body physically, just about every movement in Buti Yoga will tone every area of the body. It is a full body workout that includes power yoga, plyometrics, and abdominal work. In every class, Bertero targets a different part of the body to highlight, although every class touches on toning the entire body.

In preparation for the big day, brides should consider beginning their Buti Yoga practice right when the planning starts. "The sooner they start, the better!" Bertero says. "Buti Yoga will help in handling the stress as the wedding day approaches."

While starting as soon as the bride gets engaged would be ideal, at least six months prior to the wedding date is recommended in order to get the results the bride wants. Beyond the physical practice, there is a community or tribe that is formed within the class. The tribe

is a support system which is just one aspect that helps with stress reduction. The hard physical work on the mat leads to a sharper focus and a sense of accomplishment which releases multiple chemicals in the brain. Bertero describes it as "a feeling of elation, euphoria, and a sense of grounding." Many people who practice Buti refer to this experience as "Buti bliss." Doesn't that sound like a fabulous way to get that bridal glow?

Starting a Buti Yoga practice will be greatly benefited by committing to clean eating and drinking lots of water. The best nutritional advice to go alongside a Buti Yoga practice is to avoid processed food and eat as clean as you can. "Shop the perimeters of your grocery store [to find] fruits, vegetables, seafood, and meat," Bertero advises. Eating clean and staying hydrated are two of the best ways to keep the skin healthy!

Buti Yoga can lead to a major lifestyle transformation through movement, nutrition, and community. At the time when a bride's life is evolving with her groom, there is no better time to grow in health and happiness. What sets this amazing practice apart from all others is that the experience of Buti Yoga isn't over just because the class ends. The effects last long after leaving the mat.

The Buti Yoga group in Corpus Christi is called CCTX Tribe, and they practice all over the Coastal Bend. January marked the beginning of the Buti Yoga Transformation Series. Eighty-five percent of the 2018 Buti Yoga Transformation Series are still going strong in their practice and within the tribe. Join the CCTX Buti Yoga Tribe and get in physical and mental shape for one of the happiest days of your life!

For more information, visit www.yogatimestudios.com or call 361-876-1291. Yoga Time Studios is located at 505 S. Water Street, Ste. 511 in Corpus Christi.

