



Budokon® Workshop with Sensei Donato

Budokon® is a mind and body art form inspired by the ancient traditions of Yoga, Martial Arts, Zen Meditation and the study of animal movement, and is designed to establish more efficient patterns of moving, thinking and living. The yogic practice is focused on control, calm, strength and precision, working to improve range of motion and strength. The martial arts practice teaches agility, power, focus and flow in the body and mind. The animal movements reconnect us with our true nature, restoring kinetic skills lost in evolution.

During this workshop, Sensei Donato will lead you through a sequence of Budokon® techniques designed to help you understand some of the most interesting challenges that the yogic practice presents, such as floating, inversions and arm balances. The main focus will be in control and awareness of the present moment as tools to achieve a powerful practice and an abundant life. If weather permits, this class will close with an animal training session on the beach, so bring a towel and swimsuit for afterwards.

If you are ready for a challenge in your practice and desire change in your life, or simply want to experience the evolutionary potential of Hatha Yoga, you should try this system. Budokon® welcomes beginners, but also challenges the most seasoned yogi or martial artist, and it has the potential to complement any practice and elevate it to the next level. Sensei Donato is the Director of Budokon Florida and holds the highest ranking available to date, Blue Belt.

Sat. July 4th 10am - 1pm

It's Yoga Puerto Rico

1950 McLeary Ave. Ocean Park

787.677.7585

\$25 pre-pay, \$30 at the door

budokon®
with Sensei Donato

