

ABOUT BUDOKON

BUDOKON: Hollywood's latest fitness craze arrives to our studio in full force!

Budokon, has become the Hollywood's latest fitness craze. Actress Rene Russo was the first convert to this fusion of yoga, martial arts and meditation and was swiftly followed by Courtney Cox, also of Friends fame, and her actor husband, David Arquette, who then both recommended it to Jennifer Aniston.



Sensei Oksana Fitzmaurice with Budokon Founder Cameron Shayne, personal trainer to Jennifer Aniston

The literal translation of Budokon is "the way of the spiritual warrior." Budokon is a fusion of Power Yoga, Martial Arts and Meditation in one complete system. This system develops strength of the body, of the mind, and serenity of the spirit.

Train Your Mind, Body and Spirit Train Like the Stars Train Budokon!



Budokon Classes

Budokon classes are high energy & fast paced classes that are excellent for improving your cardiovascular system, building lean muscle, and developing your self-esteem. The combination of yoga and martial arts keeps routines fun and exciting. This high energy atmosphere keeps people coming back for more.

The four main elements of the Budokon system are mind, body, spirit and power. Budokon allows a person of any physical condition to experience martial arts and yoga in noncompetitive holistically beneficial way. Budokon is a union of yin (feminine) and yang (masculine) energies. Yang energy arises from martial arts practice (explosive movement).





Yin energy arises from yoga practice (stillness). Emptiness of mind is achieved through meditation. The practice of Budokon brings your mind, body, and spirit together in a harmonious union.

**6 WEEK BUDOKON WORKSHOPS ARE \$150
AND ARE AVAILABLE BY REGISTRATION ONLY
CALL (908) 754 5901 TO RESERVE YOUR SPOT**

The History of Budokon

Budokon originated in Los Angeles, CA, where it gained popularity among Hollywood movie stars like Jennifer Aniston, Courtney Cox, and David Arquette as well as with people interested in health and fitness. Kancho Cameron Shayne was Jennifer Aniston's personal trainer in Budokon. **In a recent article in Life & Style Magazine, Jennifer Aniston said that her regular practice of Budokon is what keeps her in shape.**



Instructor: Oksana Fitzmaurice



Sensei Oksana Fitzmaurice is the only certified Budokon instructor in NJ through Cameron Shayne the founder of the Budokon system. In addition to her Budokon instructor certification, Oksana Fitzmaurice is also a certified yoga instructor who has completed a teacher training program consisting of over 300 hours of yoga training. She is versed in instructing Hatha, Kundalini, and Ashtanga yoga as well as her specialization in Budokon. Sensei Fitzmaurice has instructed yoga students of varying age and ability and she is good at teaching to students' strengths and compensating for their areas of difficulty. Oksana Fitzmaurice's martial arts background is diverse and well founded. She has studied Aikido, Iaido, Hung-Ga Kung-Fu, and is a regular practitioner Zen Meditation,