



MUUV Yoga Boise Highlights Mikayla Latta & The Butterfly Retreat

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MUUV Yoga Boise, a yoga studio in Boise, ID, is proud to announce their summer schedule. As always they will include the regular drop in yoga classes this month along with the Butterfly Retreat September 7th. Additionally, there will be one to one private sessions as well.

Mikayla Latta from MUUV Yoga Boise says: "I felt it was time to share some additional ways we can connect through yoga, coaching and retreats. Yoga is my passion and I have been practicing it for ten years, and running the studio for eight. I always look for ways to improve what the studio offers and I believe this summer will be the best one yet."

Some five and a half years ago, Mikayla Latta felt a calling to use her skills as a service to the community. She was already a Spiritual Life Coach but decided that teaching yoga would benefit her clients and community even more. Hence, she became certified as a yoga teacher as well. To train, she worked with Amy Ippoliti, one of the country's most respected teachers. She explains: "Amy's extensive background in Anusara yoga, alignment, and yoga therapy was perfect for my desire to help people discover yoga as a means to heal and strengthen their body. With my struggles arising from my own injuries in the shoulders and

neck, practicing alignment-based yoga offered a window into my own healing. I have found great joy in offering the same insights and wisdom to new and established students alike."

Since then, MUUV Yoga Boise has been offering two regular drop-in classes to the community. Additionally, Mikayla has now launched the Butterfly Retreat, which will coincide with the changes of the moon. She explains: "The Butterfly Retreat at the Center For Healing in Buhl, Idaho, provides the perfect sanctuary setting to explore your own transformation. This beautiful property includes a private Hot Springs pool, yurt camping, direct access to the Snake River, kayaking, and delicious meals."

At the retreat, participants will be able to take part in classes offered by Mikayla Latta, as well as those by Meg Kahnle and Jess Maitri. The focus will be on yoga and yoga therapy, including the arts. It will be a two night, three day retreat during which time guests will be able to transform and process their own growth in a unique and beautiful setting.

Mikayla continues: "When booking your stay consider bringing your bestie. Our yurts are shared 2-4 people per yurt. We hope you can join us on September 7th until the 9th in beautiful Buhl, Idaho."

Meanwhile, this summer, the yoga studio will also offer people the opportunity to take part in one on one sessions, something Mikayla believes provides people with the ability to achieve real change and to gain far more confidence. Those who have participated in these sessions have been incredibly happy with the results they have experienced. Andrew M., for instance, says on the studio's Facebook page: "I walked in to MUUV almost 7 months ago as a yoga neanderthal and while I'm still an evolving yoga neanderthal, I've found and appreciated the fire of maintaining a yoga practice. This studio is not only in a great location, but the people you meet and the vibe of everyone from visitors to regulars is nothing but welcoming and full of positive energy, that you can't help but leave feeling great. Special shout out to Mikayla and the rest of the tribe for creating something special in Boise."

Private sessions offer a number of important benefits, including the fact that they are tailored to the exact needs of the participants and that they give them the time and freedom required to truly learn. Furthermore, it is ensured that there is ample opportunity to contemplate and meditate and focus on more specific body parts. Mikayla continues: "Private sessions can also become a Blended Session, mixing my training in life coaching with your yoga practice."

During August, those looking for private sessions will be able to take advantage of a significant discount, offering them the opportunity to find out for themselves whether they can benefit from this. Furthermore, Mikayla will continue to work as a spiritual and life coach with both new and existing clients in her treehouse, while also running the regular weekly drop in classes. All new students receive a one week free unlimited access pass to the drop in classes. Mikayla says: "I want to remove barriers to people accessing yoga for the

first time and this is my way of achieving that. Come join us and become part of the treehouse tribe."

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MUUV Yoga Boise

*MUUV Yoga Boise is a yoga studio located on the Boise River offering; Yoga classes, private yoga classes, workshops,
Pilates Reformer classes, dance classes.*

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