



Boise Yoga Studio, MUUV Yoga Announces New Morning Altars Workshop

November 13, 2018

November 13, 2018 - PRESSADVANTAGE -

Boise, Idaho: MUUV Yoga Boise has announced that they have partnered with Morning Altars and Yoga Tree of Boise in hosting an upcoming workshop experience in Boise. The Morning Altars Workshop is scheduled to be held at Yoga Tree of Boise on December 9, 2018 from 12:00 pm to 2:00 pm and tickets can be purchased through any of the participating vendors.

Mikayla Latta, RYT 200, CSC, is a yoga instructor and runs the MUUV Yoga Boise studio. Latta says, "We are proud to offer numerous workshops throughout the year. We partner with other wellness experts to ensure that you receive the most well rounded workshops which will provide you with a deeper understanding of poses, what works for you and what yoga is all about."

Morning Altars is a seven step practice that includes creative expression, part mindfulness, and part nature connection. The workshop offers learning about the seven steps practice of creating earth altars and each step offers a way for attendees to slow down in life and become more in tune with nature.

Latta says that those who are interested can purchase tickets through a special website that is set up with

information about the workshop. There are currently several workshops listed, including the workshop offered through the collaboration of MUUV, Morning Altars and Yoga Tree. Latta says that the workshops offer a number of benefits and those who are interested can learn more by visiting either of the companies online or in person to get more information about their upcoming workshops.

Clients of MUUV have taken to their Facebook page and other online review sites to give their praises about the studio and the workshops. One client says, "From the moment that I wake up until I go to sleep, I'm on technology overload. The Morning Altars workshop reminded me how much I needed to be outside in nature." Another client says, "This workshop felt like a combination of being in a house of prayer, being in an art studio, being in a meditation class and being a child once again. I want every person I know to experience creating these Morning Altars."

MUUV is a Boise yoga studio that allows clients to heal their minds, bodies, and souls. Latta says that from the moment people enter the facility, they are greeted with a sense of peace and tranquility. The yoga and dance studio was created nearly 10 years ago and now offers a number of classes for all levels of yogi.

Yoga is a practice that has been around for centuries. It helps to strengthen the mind while it aids in weight loss, muscle development and overall peace. Many who have taken to yoga over the years claim that they are now in complete harmony with their bodies and say that yoga has significantly changed their lives. Latta says that she is not surprised by those statements based on personal experience and interaction with so many clients.

Latta has been running MUUV Yoga Boise studio for the past eight years. She has more than 10 years of experience in practicing yoga, more than five of those years spent focusing on yoga awareness. She has fine tuned her abilities so that she can further service the yoga community by teaching. Latta states that she chose to study with Amy Ippoliti, one of the most experienced yoga teachers in the nation. Ippoliti has massive experience in various yoga therapies, alignment and Anusara yoga. Latta says that this experience is what prompted her to choose to work with Ippoliti to learn as much as she could about how she can help others through healing and strengthening their bodies. Latta struggled for many years with injuries to her neck and shoulders, another thing that prompted her desire to learn and teach yoga in order to help others. She says that practicing alignment based yoga helped with her own healing and it is now her desire to help others with this same yoga therapy.

MUUV Yoga Boise says that they offer a wide range of workshops for any number of yoga therapies and client needs. Latta says that those who want to buy tickets for the upcoming collaborative event should do so quickly as these workshops tend to sell out relatively fast. She says that those who would like more info on this or any other workshop that MUUV studio offers can visit the yoga studio online. Information about classes, instructors and their variety of workshops can all be found on the yoga studio's official website.

Those interested can also contact the studio directly at (208) 440-8307 or stop in to learn more about their classes and any workshops that they have planned for the future.

###

For more information about MUUV Yoga Boise , contact the company here:MUUV Yoga Boise Mikayla Latta (208) 440-8307info@muuvyogaboise.comMUUV Yoga Boise 753 South Walnut StreetBoise, ID 83712

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.

Website: <http://muuvyogaboise.com>

Email: info@muuvyogaboise.com

Phone: (208) 440-8307

