



## **Mikayla Latta, of MUUV Yoga Boise, to Partner with Yogafort at Treefort Music Fest 2019**

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Boise, Idaho: Mikayla Latta, yoga instructor and owner of MUUV Yoga Boise, is excited to announce she will be teaching a yoga class at Yogafort in downtown Boise.

Yogafort is a 3-day collaborative experience between yoga, dance, meditation, fitness and Treefort Music Fest musicians. All classes are paired with live music, from DJs to xylophones to sitars and guitars. Instructors and musicians from the global yoga community descend upon Boise to ignite the heart and soul of our unique, intimate experience.

Mikayla will be teaching her yoga class while Rob Riccardo plays his beautiful and inspiring music! At the Yogafort2019, Mikayla aims to offer an approachable opportunity for participants to build strength, awareness and harmony in both their minds & bodies.

Yogafort is a place for anybody of any ability to come and experience yoga. If you have a willingness, you can step in there and have any kind of experience you want to have? there's no limit on what you can experience there, shares Mikayla.

The driving motivation for Yogafort has been to be a community-centric event celebrating the vibrant movement scene of Boise and the surrounding regions. By inviting a select few globally renowned yoga instructors and musicians, Yogafort has quickly become the largest yoga festival in Idaho and rivals the lineup of international yoga retreats and festivals.

The Treefort Music Fest is an annual music festival which is held at numerous venues throughout downtown Boise, Idaho March 22-24. The music festival is known as the West's best South by Southwest community event and Boise's preeminent artistic, cultural and musical happening.

MUUV Yoga Boise, which describes itself as "a unique and loving space where you can come be yourself and do what feels good to you and for your body" receive many raving reviews by their members. Saige left a review on Google saying, "Absolutely beautiful studio, you can't go wrong with a perfect view of the greenbelt and the river! My first class was with Carrie and it was an amazing first class to take. Definitely recommend Muuv to anyone looking for a great studio to go to!" Allison shared, "The setting of this studio is absolutely stunning, it's so warm and inviting. Jenny is one of the strongest, most wonderful yoga instructors I've ever had. Highly recommend this studio and Jenny's classes!" And Barara wanted others to know, "Love MUUV - the tree house setting & variety of instructors are the best !! Always feel welcome & energized after a class !! Absolutely THE BEST."

Mikayla and MUUV Yoga Boise invites all of Boise to come out to Yogafort 2019, and explore other classes MUUV Yoga offers.

#### About MUUV Yoga Boise

MUUV Yoga is a yoga studio, dance, and movement located off Walnut Street, in Boise, Idaho. At MUUV, a wide range of yoga and dance classes are offered. A variety of workshops are provided, as well as regular yoga practice to relieve chronic stress patterns. MUUV's involvement in the Treefort Music Fest is a sign of its commitment to its mission of providing what makes us feel complete.

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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.*

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