

International Day of Yoga 2024 - Lewiston, Idaho

Regional Yoga Opportunities

<p>Guest House Hot Yoga, LeeAnn Wiggin A heated "boutique" yoga studio built out of a passion for a fitness based yoga practice. Small group yoga and fitness classes are also available. @guesthousehotyoga http://guesthousehotyoga.simplybook.me/</p>	<p>JGB Yoga, Jeanette LaRondelle. E-RYT200, PRYT Bringing joy, gratitude, and balance into everyday life through yoga. Weekly gentle yoga, retreats, workshops and private sessions available. fb/IG: @jgbyoga, https://jgbyoga.com , 208-791-5573 info@jgbyoga.com</p>
<p>Divine Alchemy, Right at Om -Monica Cortez 200HR RYT, Child and Family Yoga RYT</p> <p>We see yoga and meditation as invaluable tools to holistic well-being and believe these practices should be accessible to everyone. Divine Alchemy is an all-inclusive, donation based studio committed to connection, community, and wellness. 208-502-0037 monica@right-at-om.com connect@divinealchemy-lcv.com Divine Alchemy IG: divinealchemy_lcv 247 Thain Rd STE 107 Lewiston, ID</p>	<p>Divine Alchemy, Manipura Yoga- Molly Hogan, E-RYT200</p> <p>Deep Stretch, Vinyasa, Yin, Buti Yoga My hope is that through a consistent yoga practice, you are able to navigate the waters of life with a little more grace, that you can grasp a sense of calm in the chaos, and that your practice becomes a lighthouse for your journey onward. IG/Facebook: Manipura Yoga by Molly (509) 727-3550 Manipurayogalife@gmail.com Divine Alchemy, Co-Owner, 247 Thain Rd STE 107 Lewiston, ID</p>
<p>Bea You Yoga, Beatriz Merl</p> <p>We believe flexibility and mobility preserve the freedoms of youthfulness and health. Our mission is to help you be capable and empowered to live a life more abundantly on and off the mat.BeaYouYoga@gmail.com</p> <p>509-433-1387 IG and FB @BeaYouYoga Cheona, <i>rapha_yoga</i> and Jared McKenzie</p>	<p>Ashtanga Yoga Lewiston</p> <p>A group of yoga enthusiasts devoted to daily practice and supporting a yoga community. https://ashtangayogalewiston.com/ @ashtangayogalewiston Janine Weiss 208-413-4874 Teresa Parkey 208-553-4442 Michele Rietz 208- 791-3916 Carrie Boulton 208-284-7948 Ed Zahnle 310-845-5988</p>

<p>Erika Knapp RYT 200hr</p> <p>*Certified In Hatha + Vinyasa style yoga. *Yoga Alliance Registered 200hr Yoga Teacher * Specializing in Vinyasa style yoga, linking breath + movement, Creating heat + Rhythm inside the body. Movement is medicine that i hope to share with you! Located: Lewis- Clark Valley and surrounding areas. Email: yoga.by.erika@gmail.com Phone: 208-816-9493 IG Handle: @erikaknapp_414</p>	<p>Rishi Yoga, Christina Stalnaker</p> <p>Find peace and relaxation while feeling good inside your own body using the many tools of Yoga. Christina offers group classes, nature immersive retreats, and specialized one on one sessions to help you live your best life. Contact: @rishi_yoga108 Stalnakercl@gmail.com https://www.rishiyoga.org/</p>
<p>JoyMagnet, Lisa Sanphillippo</p> <p>Laughter yoga & life celebrations by Lisa Sanphillippo! https://www.thejoymagnet.com/</p>	<p>Yoga2You, Brandy Whitcomb</p> <p>(208)503-0925 brandy.whitcomb25@gmail.com</p>
<p>NW Natural Healthcare, Loretta Tye E-RYT500</p> <p>As a passionate person and businesswoman, my goal is to improve everyone's energy systems through Natural Healthcare. Contact: https://Allourbasicneeds.com</p>	<p>Dayjah Vu Yoga, Kimberly Butler</p> <p>Live intentionally with DayJah Vu Yoga and Wellness. Our welcoming community blends positive mindset, yoga, and healthy living practices for a happier life! @dayjahvuyoga, http://dayjahvuyoga.com/</p>
<p>Snap Fitness</p> <p>1019 21st St, Lewiston, ID, 208-746-7472, lewiston@snapfitness.com</p>	<p>Smart Fitness</p> <p>621 Bryden Avenue, Lewiston, ID, (208) 413-6522 info@smartfitnesslc.com</p>
<p>Gypsi Asana, Kayla Sanders</p> <p>Yoga Workshops Immersions Retreats Gypsi.asana.yoga@gmail.com</p>	<p>Abby Abts, Embodiment and Breathwork</p> <p>(208) 750-8616 abigail.m.abts@gmail.com</p>
<p>Lewis-Clark State College</p> <p>Kinesiology Courses (1 credit activity courses-KIN 131/KIN 132)- Hatha Yoga, Meditation Yoga www.lcsc.edu</p>	<p>Chelsey Pratt-Banta</p> <p>If you find yourself in Grangeville, ID, Chelsey offers yoga classes and nutritional guidance from a Functional Medicine perspective. This Fall, she will also be taking clients for skin to soul deep bodywork. #208-791-9130 @speak_to_soul</p>