



# Muse Yoga Studio Class Schedule

1317 W. Jefferson, Boise, ID 83702

208-345-2704

[www.museyoga.com](http://www.museyoga.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>4:00 - 5:15 pm</b> All Levels Prana Vinyasa Flow™ Yoga with Marcy Westover</p>	<p><b>10:00 - 11:30 am</b> All Levels Hatha Yoga "Posture, Relaxation, and Integration" with Debra Mulnick</p>	<p><b>7:00 am - 8:30pm</b> Level 1 Morning Vinyasa with Marcy Westover</p>	<p><b>10:00 - 11:30 am</b> All Levels Hatha Yoga "Posture, Relaxation, and Integration" with Debra Mulnick</p>	<p><b>7:15 - 8:30 am</b> Level 1 Yoga "Adventure with Asana" with Cynthia Billings</p>	<p><b>9:00 - 10:30 am</b> Level 2 Vinyasa Flow Yoga™ "Dancing with the Breath" with Jodeen Revere</p>
<p><b>5:30 - 6:45 pm</b> All Levels "Yoga Tools" with Shannon Wells * Starts September 15th</p>	<p><b>5:30 - 6:45 pm</b> Level 1 Yoga "Foundations of Asana" with Brittany McConnell</p>	<p><b>9:15 - 10:30 am</b> All Levels Kripalu Flow Yoga "Moving with Integration, from Intuition, toward Inspiration" with Johanna Kirk * Ends September 10th</p>	<p><b>5:30 - 6:45 pm</b> All Levels Anusara-Inspired Yoga™ "Unfolding the Dharma" with Brandie Redinger</p>	<p><b>12:05 - 1:35 pm</b> Level 2 Anusara-Inspired Yoga™ "Dharma Kula" with Brandie Redinger</p>	
<p><b>8:00 - 9:30 pm</b> Tai Chi with Paul Seronko * Open to new students Sept. 8th call Paul 424-9528</p>		<p><b>5:30 - 6:30 pm</b> All Levels Meditation "Dyhana..resting in the Ground of Being" with Brandie Redinger</p>	<p><b>7:00 - 8:30 pm</b> All Levels Nia A joyful dance celebrating the body's way. with Jen Pascoe</p>		<p><b>Private Session Available</b> the studio is open for private session Tue &amp; Thurs 1:45 - 3:30 other times are possible. Ask a teacher to schedule.</p> <p>All classes are Drop-in unless noted otherwise</p> <p><b>Level Definition:</b> Level 1 = beginners are welcome great for intermediate Level 1 -2 = intermediate to advanced Level 2 = advanced asana including unassisted handstand and full back bends</p>

updated 8/18/08