

Lively Balance - Boise

boise

☐ I'm not a robot
 

Published on: 08/04/25	Hits: 300
Comments: 0	See comments
Votes: 30	Score: 5

https://www.electrofitness.com/yoga-studio/boise/lively-balance-boise_193022.php



boise

Lively Balance - Boise

Experience Lively Balance Yoga Studio in Boise, Idaho

Located in the heart of Boise, ****Lively Balance Yoga Studio**** offers an unforgettable experience that combines relaxation, community, and, of course, adorable goats! This unique studio is not only a place for physical well-being but also emphasizes connection and joy among its participants.

Accessibility and On-Site Services

Lively Balance is committed to inclusivity. The studio features a ****wheelchair-accessible toilet**** and a ****wheelchair-accessible car park****,

ensuring that everyone can enjoy their yoga journey without barriers. The thoughtful ****planning**** of the studio's amenities provides comfort and convenience for all visitors.

Service Options and Amenities

At Lively Balance, you'll find a variety of ****service options**** tailored to different needs. Whether you prefer in-person classes or ****online classes****, Emily, the studio owner and instructor, expertly guides you through each session. The facilities are consistently praised for being super clean and well-maintained, with thoughtful touches like feet cleaning stations and freshly cleaned yoga mats after each class.

The Joyful Goat Experience

A standout feature of Lively Balance is undoubtedly the friendly goats! Attendees have described their experiences as "utterly amazing," recounting how the playful goats added a layer of fun and amusement to their practice. From bonding with these charming animals to enjoying peaceful, uplifting yoga sessions, every visit promises joy and laughter. As one participant noted, "It's pure joy connecting with the goats and giving my body the care through yoga."

Community Connection and Creativity

Beyond yoga, Lively Balance fosters connections among participants. Many attendees have formed lasting friendships, sharing life-changing moments in a warm, inclusive environment. Emily has organized creative workshops such as ****Goals with Soul**** and ****Hygge Playshop****, further enriching the community experience.

Plan Your Visit

Planning your visit to Lively Balance is simple. Keep in mind that ****appointments are required**** for classes and events, and make sure to check available ****service options****. Gather your friends or family for a memorable outing that merges relaxation with fun. Guests often leave with smiles and wonderful memories, eager to return for more goat yoga adventures.

Conclusion

If you're looking for a unique yoga experience filled with joy, connection, and delightful goats, Lively Balance Yoga Studio is the place to be. With its commitment to accessibility, high-quality services, and a nurturing atmosphere, this studio has quickly become a beloved gem in Boise. Do not miss out on joining a class that promises not just mental and physical well-being, but also a whole lot of fun!

You can come to our business at

10400 W Meadow Lark Dr, 83704 Boise, Idaho - United States (US)

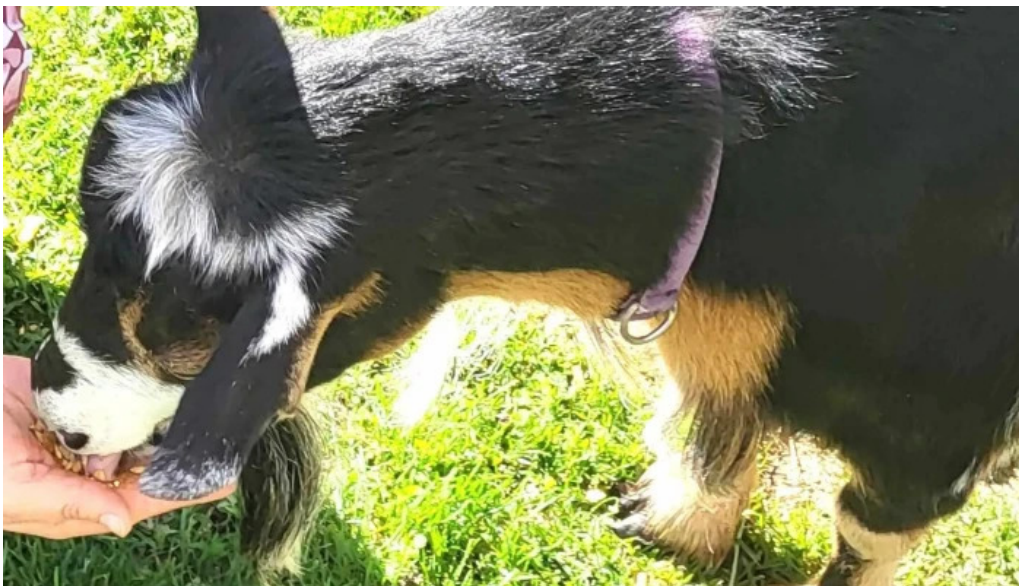
The website is [Lively Balance](#)

If you require to adjust any data that you consider is not precise concerning this page, we ask forward a message and we will fix it as soon as possible. Thanks beforehand thanks for your cooperation.

Images



Lively balance yoga



Lively balance yoga studio



Lively balance videos



Lively balance street view 360deg



Lively balance schedule



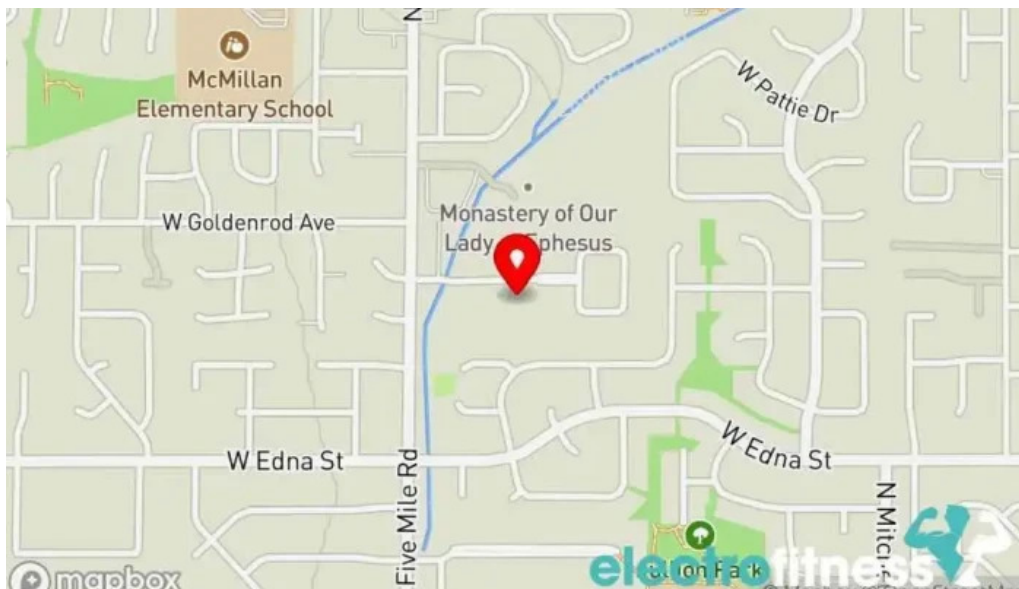
Lively balance prices



Lively balance photos



Lively balance open now



Lively balance map



Lively balance location



Lively balance by owner



Lively balance boise



Lively balance area



Lively balance all

Tags

On-site services, Service options, Toilet, Appointment required, Amenities, Planning, Wheelchair-accessible toilet, Wheelchair-accessible car park, Online classes, Accessibility

Related content

5.0 * *A Fine Balance Pilates & Dance - Centennial*

3.9 * *Shore Balance Yoga - Onancock*

5.0 * *Balance Fitness Studio - Aberdeen*

5.0 * *FiTrain Llc - Valparaiso*

5.0 *	<i>Smart Exercise - Concord</i>
5.0 *	<i>Ignite Fitness La - Lafayette</i>
4.6 *	<i>Waldorf Martial Arts - Waldorf</i>
4.7 *	<i>Sandhills Gymnastics - Aberdeen</i>
5.0 *	<i>Total Fitness Colorado - Highlands Ranch</i>
4.6 *	<i>Forma Gym Walnut Creek - Walnut Creek</i>

Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym

gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club

sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio
youth organization