

Zen Riot Yoga & Wellness Studio - Boise

boise

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Zen Riot Yoga & Wellness Studio - Boise

Welcome to Zen Riot Yoga & Wellness Studio in Boise, Idaho

Zen Riot Yoga & Wellness Studio is a hidden gem located in the heart of Boise, Idaho. This studio is not just about practicing yoga; it's about creating a community where everyone feels welcome and supported. With a focus on inclusivity and accessibility, Zen Riot ensures that every individual, regardless of their experience level or background, can find a practice that meets their needs.

A Welcoming Environment for All

At Zen Riot, the atmosphere is warm and inviting. Students praise the studio for its **wheelchair-accessible entrance** and **gender-neutral toilets**, making it easy for everyone to feel comfortable. The **wheelchair-accessible toilet** and **car park** options further enhance accessibility, allowing individuals with mobility challenges to participate fully. With **free of charge street parking** and a **free parking lot**, Zen Riot makes it easy for everyone to attend classes without the stress of finding parking. The studio also offers **on-site services** like massage therapy, which adds to the overall wellness experience.

Diverse Class Offerings

One of the highlights of Zen Riot is its extensive schedule packed with a variety of classes suitable for all ages and abilities—from children to active military members seeking discounts. Classes range from restorative yoga to challenging Vinyasa flows, catering to yogis of every level. The studio hosts special events, such as sound baths and equinox celebrations, providing unique experiences that extend beyond traditional yoga.

A Safe Space for Everyone

Zen Riot prides itself on being an **LGBTQ+ friendly** environment. Many participants appreciate the studio as a **transgender safe space**, where acceptance and inclusivity are paramount. The community here is supportive, welcoming individuals of all strengths, shapes, and sizes—from beginners to advanced practitioners. As one participant noted, “Zen Riot is yoga for everyone! Acceptance, diversity, and a supportive crowd are at the core of their mission.”

Expert Instructors and Individualized Attention

The instructors at Zen Riot are not only knowledgeable but also passionate about helping students grow in their practice. They provide **modifications** and personalized attention, ensuring that each student receives the necessary support. Several testimonials highlight the warmth and approachability of the teachers. One member expressed gratitude for the caring instructors who make them feel at home, emphasizing that “going to Zen Riot feels like coming home.”

A Community of Connection and Healing

Zen Riot is more than just a yoga studio; it’s a community. Students often describe the connections they form with fellow practitioners and instructors as uplifting. As one participant put it, “Every time I meet someone new there, I feel like I’ve known them for years.” This sense of camaraderie makes Zen Riot a unique place where individuals can connect and heal, both physically and spiritually.

Why Choose Zen Riot?

Choosing Zen Riot means choosing a studio that values ****accessibility****, ****community****, and ****personal growth****. With an array of on-site services, including massages and various yoga classes, this studio caters to all your wellness needs. Do yourself a favor and join the vibrant community at Zen Riot Yoga & Wellness Studio. Whether you're looking to enhance your yoga practice or simply find a peaceful escape from daily life, Zen Riot is the perfect sanctuary. Come roll out your mat and be part of a welcoming space that celebrates every individual!

Our establishment is located at

5333 Franklin Rd Unit B, 83705 Boise, Idaho - United States (US)

The contact phone of the mentioned **Yoga studio** is +1208-557-9102
And if you want to send a WhatsApp, you can do so at +1208-557-9102

Visit us during the following hours:

Day Hours
Monday
7:30–9:15?AM 3:30–6:45?PM
Tuesday
7:30–9:15?AM 3:30–6:45?PM
Wednesday
7:30–9:15?AM 3:30–6:45?PM
Thursday
7:30–9:15?AM 3:30–6:45?PM
Friday
7:30–11:30?AM 1:30–3:15?PM
Saturday
8:30?AM–12?PM
Sunday
8:30?AM–12?PM 5–8?PM

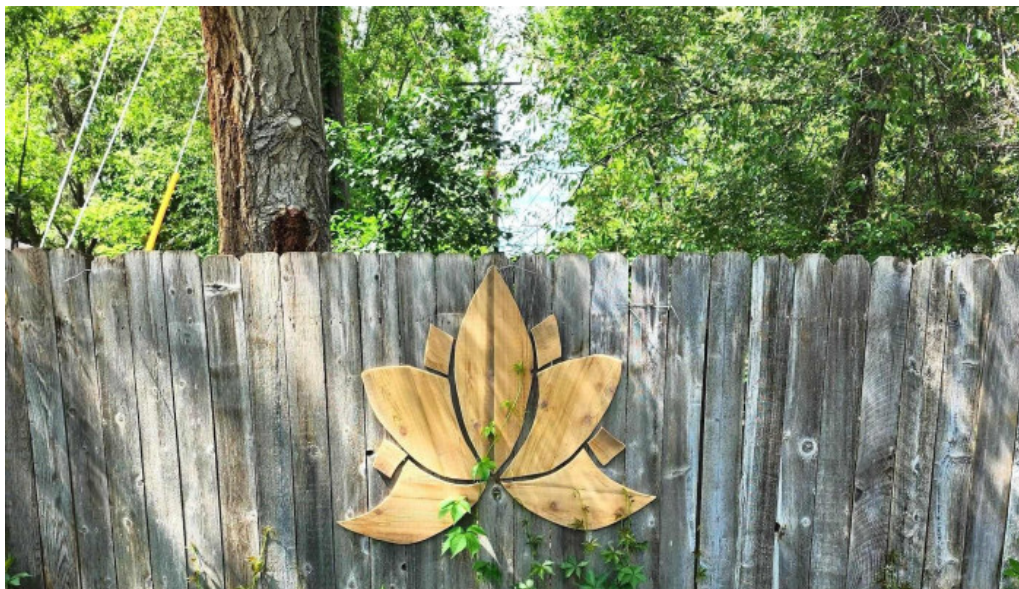
The website is Zen Riot Yoga & Wellness Studio

If necessary to update any detail that you believe is not accurate about this site, we urge you to deliver a message so we can we will fix it as soon as possible. Thanks beforehand thanks for your cooperation.

Images



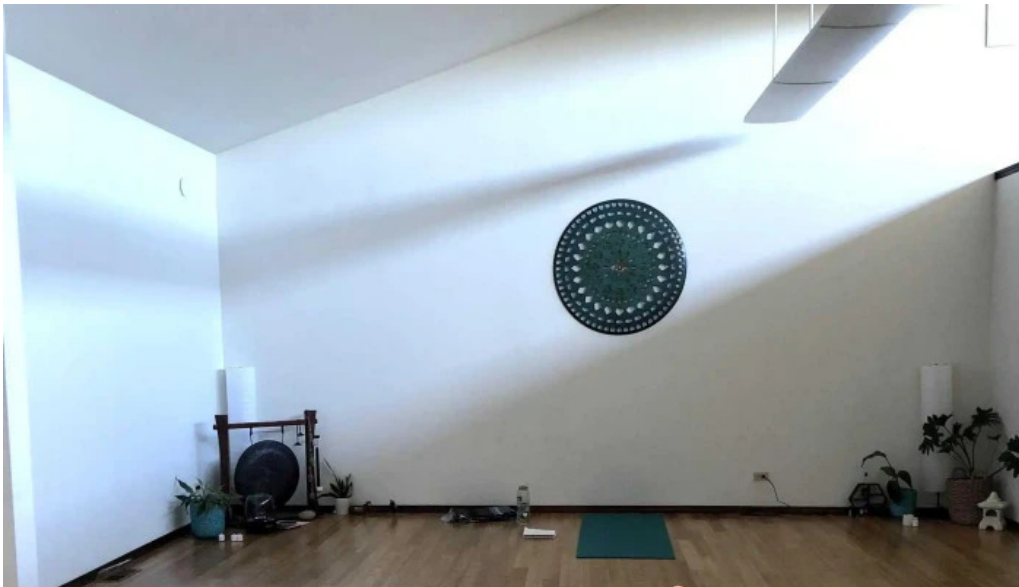
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Zen riot yoga wellness studio by owner



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Tags

Gender-neutral toilets, Active military discounts, Children, Highlights, Crowd, Good for kids, On-site services, LGBTQ+ friendly, Parking, Free of charge street parking, Wheelchair-accessible entrance, Accessibility, Free parking lot, Toilet, Wheelchair-accessible toilet, Amenities, Transgender safe space, Service options, On-site parking, Wheelchair-accessible car park

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