



Robbyn Muse is a yoga pioneer.

After having been introduced to yoga in California in the 1970's, Robbyn embarked upon an extensive journey studying, training and instructing many different styles of yoga in California, Australia, Florida, Ohio and North Carolina for over 40 years. As a former student at the Boston School of Ballet, Robbyn was immediately drawn to the physical and mindful elements of yoga. Her yoga training and background encompasses the major styles of yoga, including Iyengar, Kundalini, Vinyasa, Bikram, Yin and Restorative. Robbyn has a deep appreciation of the physical, mental and spiritual values of a regular yoga practice and wishes to introduce this experience to her students.

Robbyn has instructed in the Wilmington area for over 15 years. She is currently instructing a variety of yoga classes at both Porter's Neck Yoga and the Landfall Country Club. Impressively, she has instructed at both facilities for the entire 14 years that she has lived in North Carolina and has developed a loyal following.

Several of the classes which she has developed a specialty include Gentle and Nitty Gritty Style Yoga, Restorative Yoga, Power Yoga, Warm/Hot Bikram Style Yoga and most recently, Chair Yoga.

The Basic Gentle and Nitty Gritty Style Yoga class helps to strengthen, realign, stretch and open the body. The class creates more flexibility in the joints and the students are reminded to use their breath as a guide. This class is 1 ½ - 2 hours in duration.

The Restorative class helps to move the fascia so that the practice can reach deeper into the muscles, joints, ligaments and tendons. This class stretches and realigns the body. By using the breath mindfully, the practice can achieve a feeling meditation. During this class, essential oils may be used and Robbyn assists each student with hands-on realignment. This class is 1 ½ - 2 hours in duration.

The Power class is a strong flow sequence Bikram where movement is coordinated with the breath. This class includes sun salutations, warrior poses and balance postures. Robbyn coaches a strong alignment based style of vinyasa suitable for all levels. This class is 1 - 1 ½ hours in duration.

The Warm/Hot Bikram Style Class is a hold class which develops balance, flexibility and strength. Robbyn guides the students in achieving each posture with hands-on assists and verbal cueing. The heat helps the muscles relax while the holds help the student to gradually achieve a deeper stretch. The quiet holds also help the student improve balance and form. The class is usually a set sequence with additional postures at Robbyn's request. The Warm/Hot Bikram Style Class is 1 ½ hours in duration.

The Chair Yoga class is designed for individuals with limited mobility which prevents them from sitting on a mat. Robbyn carefully introduces the students to the gentle stretches and movements available to them. She uses verbal cueing, demonstration and hands-on assists to help each student get the most from this practice. Robbyn encourages each student to gain more flexibility, strength and range of motion, thereby helping to promote more confidence in their physical bodies while instilling the concept of mindfulness throughout the practice.

One of Robbyn's specialties is yoga for seniors. She has extensive experience introducing mature individuals to the gentle practice of yoga and has witnessed amazing transformations in this unique yoga population. As a mature and experienced yoga instructor, Robbyn is highly attuned to the needs and modifications which may be required to ensure an enjoyable and beneficial class to this growing segment of the yoga population.

Robbyn has been passionate about sharing her love of yoga with her students for over forty years. She understands how the benefits of yoga can transcend the mat and enhance the lives of her students. She considers it a privilege to be part of this journey with her students.

Robbyn can be reached at 910-274-2736.