Rainforest Yoga Frequently Asked Questions

1. **When do you have yoga classes?**

   Our yoga classes occur on most Wednesday evenings from 5:30-6:30pm and most Saturday mornings from 8am-9am. We are not able to have it every single Saturday due to other education programs (tripod photography sessions are the first Saturday of each month), so always check the calendar! Classes may be added or removed by the Butterfly Pavilion.

2. **I signed up ahead of time but can no longer make it to class. Can I get a refund?**

   If you are no longer able to attend, please contact Butterfly Pavilion 48 hours before your class and you will be given the option to transfer your registration to a different date. No refunds are given once the class has been purchased, unless Butterfly Pavilion cancels the class for any reason.

3. **What type of yoga is it?**

   We have a rotating schedule of instructors who all teach a little different style. The exact style should be listed on our website when you go to register online.

4. **Do you have extra mats?**

   We do have 4 extra mats that were donated to Butterfly Pavilion by Lululemon. However, we do not have enough for everyone, so it is recommended that you bring your own.

5. **Can I bring my child to yoga?**

   Unless specifically stated, Rainforest Yoga classes are intended for adults. Children 13 and older may attend with a parent. We are looking into scheduling sessions for Rainforest Yoga for Families – which is suitable for children ages 3-10, with an accompanying adult. To see if there are any upcoming family yoga classes, check here!

6. **Do you offer childcare during yoga classes?**

   At this moment, we do not offer childcare during yoga classes.

7. **Can I explore around the exhibits after the class?**

   Butterfly Pavilion exhibits are open daily from 9:00am-5:00pm – with a last admission at 4:15pm. For evening classes, the exhibits and building will be closed after the class. For morning yoga classes, it is acceptable to take your time as you leave the rainforest and exit Butterfly Pavilion. If you wish to stay and enjoy all of Butterfly Pavilion’s exhibits during business hours, you may take your yoga receipt up to the front desk for discounted $5 admission.
8. It says online that it is sold out – do you take walk-ups?

We limit our online reservations to 20 class spots due to the restrictions of the floor area in which we do yoga. However, we are able to take walk-ups and payment at the door for yoga. The walk-up cost (as of 2/21/2018) is $2 more than the pre-registration cost, so $12 for non-members and $10 for members. Please be aware if you are planning on walking up to a sold-out class, that there will already be at least 20 people there and you may not have the best view of the instructor.

9. I want to do yoga just with my group – do you have private sessions?

We are able to reserve the rainforest for private yoga sessions for $100/hour outside of business hours, based on availability. To set this up, please email Marissa at mcopan@butterflies.org with available times and dates.

10. I’m new to yoga – is the class going to be too hard?

Not to worry! Our classes are designed for all levels and each instructor provides options for varying levels of difficulty, in a judgment-free zone.

11. When do the doors open and close? How early can I arrive?

Doors for Rainforest Yoga open 15 minutes before the class begins and close 15 minutes after the class begins. This allows our guest services team and our horticulture team time to set up for a successful program. If you arrive earlier than this, please feel free to explore our outdoor gardens while you wait.

12. Is it inside or outside? How hot or cold is it?

Rainforest yoga takes place inside of our indoor tropical conservatory. The temperature stays between 65 and 85 degrees, but due to the humidity – can feel quite chilly or quite warm. Layers are a good idea!

Have a question that you don’t see here?

Just contact Marissa at mcopan@butterflies.org or 720-974-1877!

https://butterflies.org/event/rainforest-yoga/