Elyse Rousseau

Elyse's journey of love really blossomed the day she stepped on her mat 5 years ago. Feeling lost, as most early twenty-somethings do, yoga was the one thing that brought intention to her life. A weekly class changed her direction so drastically, she needed to further her yogic growth. After moving to Boulder, she studied under Shannon Paige and graduated with 200 RYT and Anjali Restorative certifications. Inspired by the world around her, she brings a sense of empowerment and love to each class. By using breath, meditation and music, she hopes to keep each class light with a taste of power. Her goal is to learn, along with her students, how to greet life with open arms and find love and light in everything. She hopes each yogi leaves class refreshed and ready to take on the world!

Molly McConnell

Molly McConnell is a Clinical Ayurvedic Practitioner and educator. As a co-founder of Cultivate Balance, she provides Ayurvedic wellness consultations and virtual courses which weave ancient wisdom for holistic healing into the modern context. This holistic work supports individuals to reawaken their true vitality and radiance. In addition, Molly sources inspiration from the intersections of feminism, Montessori methodology & sacred spirituality. As a 500 RYT, Molly has found a home for herself guiding yoga classes at Earth Yoga Boulder, working with private clients & facilitating mindfulness for kids! She strives to create a nurturing environment where students feel both supported & challenged to connect to their most authentic selves. After spending several years wandering the globe, she is grateful to have grounded into the Boulder/Denver wellness community. Follow her journey at @chandramawellness.
Charlotte Grubb

Often finding herself in remote regions of the world, Charlotte was initially drawn to the simplicity and grounding effects of yoga. Charlotte has been practicing yoga for about twelve years, and completed her 200 hour RYT training in 2015. Since then she has taught in studios, homeless shelters, and even a jail.

Protecting and honoring the natural world has always been central to Charlotte's life through a decade of work in conservation and activism. For her, yoga is a way to connect more intimately and personally with all living things on an energetic level. Creating an accessible and judgement-free environment where people of all walks feel welcome is key to Charlotte's approach. She likes to create a space where people can have fun, connect to their bodies, and tap into their own natural rhythm and intuition.

Ellen Robinson

Ellen leads gentle hatha yoga, pilates and stretch classes at Butterfly Pavilion to help people trust in their intuition and connect with their creative spirit. She has many certifications in assorted Yoga practices including Integral Hatha Yoga, Laughing yoga, Meditation, Yoga for Arthritis, Restorative yoga also Pilates certifications and Reiki II.

Taylor Rose

After spending the last decade cultivating a regular yoga practice, Taylor Rose is passionate about sharing her experience and supporting others on their journey. Taylor Rose hopes to become a catalyst for change by creating a safe and loving space for personal exploration. She believes we are a physical embodiment of the sacred source, and our purpose is to not only witness, but to participate in the inexhaustible celebration we call life. By utilizing the power of breath control, Taylor Rose strives to help others reach new levels of awareness and appreciation for the magic and mystery of our world, both internally and externally. For more information please visit her website: www.taylorroseyoga.com

And we are blessed to have many more rotating instructors who lead classes when available and in town!

Interested in becoming a Rainforest Yoga instructor? Please contact Marissa at mcopan@butterflies.org