

Michelle Taylor, RYT 200

Yoga Instructor

Michelle Taylor's yoga journey began in 1999, shortly after the birth of her second child. She was drawn to the grounding practice of hatha vinyasa yoga and meditation through a weekly practice at the local YMCA, where she would later kick off a 20-year teaching career. She has studied under some of the leading vinyasa-based yogis in the world, including Shiva Rea, Edward Clark, and Angela Farmer. As a sober person herself, Michelle is passionate about making yoga accessible as a tool for people in recovery.