



chicagobotanic garden
REGENSTEIN SCHOOL

Know Before You Go: Yoga at the Garden

Prepare Yourself Mentally

As you embark on your yoga journey, approach each class with an open mind and heart. Remember yoga is not about perfection; it's about connection—to yourself, your breath, and the present moment.

Your Instructors

Steve and Patricia Nakon of [Whole Journey Northwest Yoga](#) have been teaching yoga at the Chicago Botanic Garden for over 25 years!

What to Wear

Comfort is essential! We recommend wearing stretchy, breathable clothing that allows for easy movement. While many prefer to practice barefoot, grip socks are also a good option.

Class Supplies

Please bring a yoga mat. Some participants also bring a towel or blanket for added comfort.

Arrival to Class

Upon entry to the Garden, your registration confirmation may be shown at the Gatehouse for free parking and admission if you are not already a member. Lots 5 and 6 provide convenient access to the Learning Center. Once you arrive at Classroom 2, kindly remove your shoes before entering. You can place your personal belongings in the coat closet inside the room, then lay out your mat and begin to settle in.

Make sure to allow enough time to park, walk to class, and introduce yourself to your instructor before your first session begins.

Tip: The intersection leading to the parking lot is busy. Please ensure you come to a complete stop at the stop sign, maintain a 15 M.P.H. speed limit, and keep your eyes open for pedestrians, including children, in the crosswalk.

Class Location

We meet in Classroom 2 of the Learning Center. This bright room features recycled rubber flooring and ribbon windows on two sides, providing plenty of natural light. If needed, window shades are available to adjust the brightness. Bathrooms and water fountains are nearby. Garden classroom [maps](#).

Questions?

If you are new to yoga, don't hesitate to ask your instructor for guidance on modifications and techniques. For any additional needs or questions prior to class, feel free to email us at school@chicagobotanic.org.

We look forward to seeing you soon!