



chicagobotanic garden
REGENSTEIN SCHOOL

Know Before You Go **Yoga at the Garden: Online**

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 ensure you have a yoga mat. Some participants also like to have a towel or blanket nearby for added comfort.

Accessing Your Online Class

Classes are conducted online via Zoom. You will receive an email from school@chicagobotanic.org 1-2 days prior to your first class, containing the link to log in. Please note that classes are not recorded and are taught live in an easy-to-follow format.

Tip: Save this link in your calendar for all upcoming class dates, as we do not resend it each week. This email will be sent to the participant email address you provide at the time of registration.

During Class

During class, please keep your microphone muted. After class, feel free to unmute yourself to say hello!

Yoga Unlimited Semester Pass: Online

To enhance your weekly online yoga experience at a discounted rate, consider registering for the Yoga Unlimited Semester Pass: Online! This option provides you with the Zoom link for each weekly class in a semester 1-2 days prior to the start of each class. You will not need to register for individual Yoga at the Garden: Online sessions if you choose this option.

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!