

FOR IMMEDIATE RELEASE



Experience Yoga Outdoors in Nature at Lincoln Park Zoo
Adults-only and adult with toddler classes offered June through September

Chicago (May 27, 2014)—Leave the stress of the day behind while practicing yoga amongst the serene sounds of birds chirping and prairie grasses rustling in the fresh air of Nature Boardwalk at Lincoln Park Zoo. The zoo’s upcoming Yoga at the Zoo Presented by Walgreens connects adults and children to nature right in the heart of the city. The zoo is offering two free promotional drop-in adults-only yoga sessions on Saturday, May 31 from 9 – 10 a.m. and Sunday, June 1 from 10 - 11 a.m.



Nature boardwalk provides a unique, peaceful, outdoor-environment for practicing yoga. Participants can learn or perfect the basics of yoga in this class targeted to beginner and intermediate yoga practitioners. Classes are carefully instructed to give participants individualized options that best supports their needs.

Yoga at the Zoo Presented by Walgreens incorporates elements of hatha and vinyasa practices that will lead practitioners through yoga postures, breathing exercises, and mindfulness techniques that not only will improve health, but also develop a calm and balanced mind. Participants are encouraged to bring their own yoga mat and bottled water. A limited number of child-size yoga mats are available on a first come, first served basis.

Parent and Toddler yoga classes are every Thursday from June to September at 10-11 a.m. at the Nature Boardwalk Peoples Gas Pavilion (rain location—Farmhouse at Farm-at-the-Zoo). Adult-only yoga classes are every Wednesday at 6:30 p.m., Saturday at 9 a.m., and Sunday at 10 a.m. from June to September at the Nature Boardwalk Peoples Gas Pavilion (rain location—Farmhouse at Farm-at-the-Zoo). Cost for the class is \$20 per session for both adult-only and toddler yoga classes. Five-day and 10-day passes, which can make each session as low as \$14, are available online.



For more information or to register for the class, please visit www.lpzoo.org/events/calendar.

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ABOUT LINCOLN PARK ZOO

Lincoln Park Zoo, a historic Chicago landmark founded in 1868, is dedicated to connecting people with nature by providing a free, family-oriented wildlife experience. A leader in conservation science both globally and locally, the zoo exemplifies the highest quality animal care and educational outreach. The not-for-profit zoo, managed by The Lincoln Park Zoological Society, is a member-supported organization and one of the nation's only free, privately managed zoos. For more information, call 312 -742-2000 or visit www.lpzoo.org.