A BEGINNER'S GUIDE

Find your practice.

CHI YOGA SHACK · BUCKTOWN, CHICAGO

Yoga doesn't have to look one particular way.

Some practices build strength. Some help you move and breathe. Some teach traditional yoga. Some give you permission to slow all the way down.

This guide will help you understand your options, choose your first class, and walk into a yoga studio with a little more confidence.

BEFORE YOU START

Don’t worry if…

- You can’t touch your toes.
- You don’t know the names of poses.
- You need to rest during class.
- You feel stiff.
- You haven’t exercised in years.
- You feel nervous walking through the door.

THE DISCOVERY PASS

You don't have to know what kind of yoga is right for you.

$79 14 days of unlimited yoga

Move · Sweat · Breathe · Rest · Restore

Start your 14 days →

chiyogashack.com/discovery

YOGA, TRANSLATED

Start with what sounds good to you.

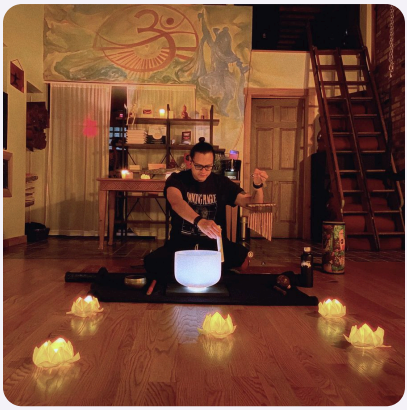
I want to move

VINYASA →

A flowing practice where movements are connected with breath. Expect to move.

ASHTANGA →

A traditional method built around a sequence of postures that you learn progressively.



I need a reset

BREATHWORK / PRANAYAMA →

Breathing practices used to influence energy, attention and how you feel.

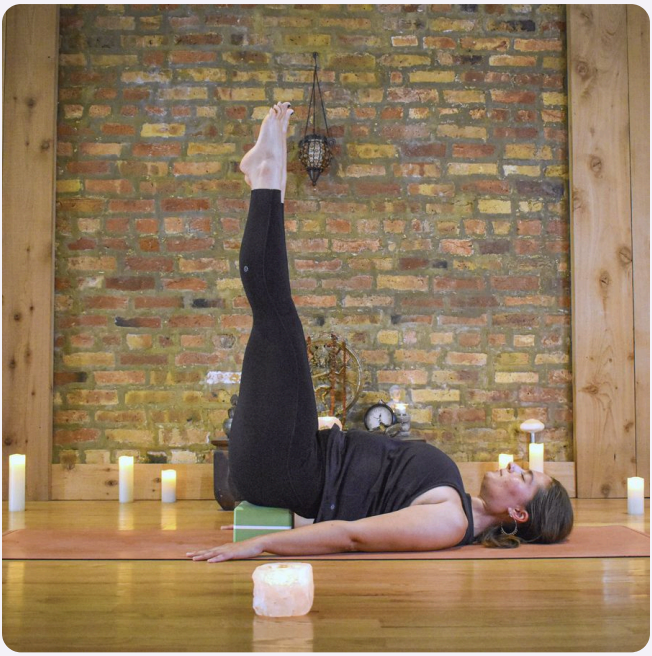
RESTORATIVE SOUND BATH →

A very supported, very restful experience using sound as part of relaxation. Props help your body relax rather than work.

I want to go deeper

HATHA →

A broad term for physical yoga practice. Hatha combines movement with breath, meditation and traditional yoga teachings.



I want to slow down

YIN →

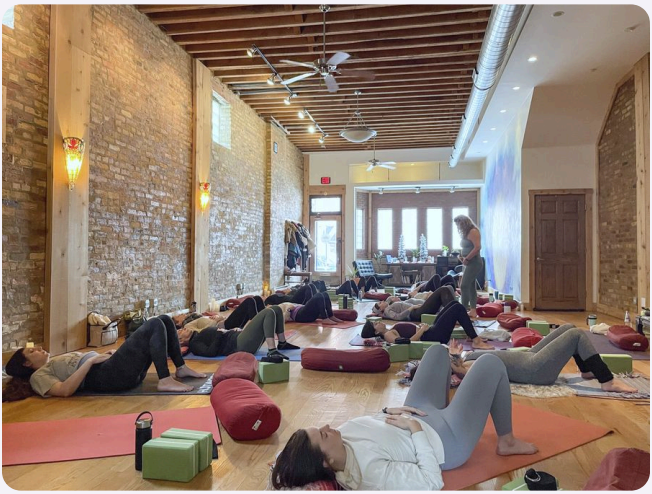
Slow and mostly floor-based. Poses are held longer to give the body time to settle.

YOUR FIRST VISIT

Getting here

1942 N. Leavitt St., Bucktown

Free street parking nearby. The #73 Armitage bus, the Western Blue Line, and a Divvy station across the street.



YOUR FIRST VISIT

Just show up

- Arrive 10 to 15 minutes early.
- Wear something comfortable.
- Bring water.
- Need a mat? Borrow ours.
- Tell your teacher you're new.

That's it.
Just show up.

Start your 14 days · $79

Not ready yet?

See the class schedule

Meet the teachers

(312) 866-2606

info@chiyogashack.com

chiyogashack.com