Energize Your Body
Research shows that even simple movement—a cat-cow yoga stretch or a walk in the woods—can improve your energy level. Move toward fitness with tai chi, yoga, and outdoor walking classes, and fuel your journey with cooking classes that help you make smarter choices.

Stretch Your Mind
Just as your body needs movement, your mind needs stimulation. Stretch your mind with photography, drawing, and vegetable-growing classes in a spectacular setting that changes every day.

Rejuvenate Your Spirit
To reduce stress and increase your sense of well-being, explore the mind-body connection at the Garden. Recharge and rejuvenate your spirit with classes on meditation, optimizing your energy, and even natural wellness through laughter.

The Joseph Regenstein, Jr. School of the Chicago Botanic Garden promotes healthy lives and well-being by helping people connect to nature.

chicagobotanic.org/education
Spring Walks

- Fitness Walk 1.8 miles
- Bridges to Wellness 1.74 miles
- Zen Walk 1.2 miles
- Prairie Views 1.75 miles
- Path to Petals 1.65 miles

- Nature Play Garden
- McDonald Woods
- Zigzag Bridge
- Circle Garden
- Bulb Garden