

## Low Cost Yoga in Chicago

Please check on the days and times of these classes before arriving. It's challenging to update this list! Some information may not be current. Some classes offer mats to rent or borrow, some require you to bring one. Some may request or require a small donation, some may be free.

Please use the contact information provided to learn more and come prepared.

- **ACT Yoga - Awareness, Change, Triumph**  
<http://actyogachicago.com/>  
1140 N Lamon & 5422 W Division
- **Community Counseling Centers of Chicago**  
<https://www.c4chicago.org/c4-north/yoga-classes-offered-c4-north>  
2542 W North Ave.  
773.365.7277  
[paulina.chirinos@c4chicago.org](mailto:paulina.chirinos@c4chicago.org)
- **Community Health**  
<http://www.communityhealth.org/communityhealth-receives-300000/#.XIUjJihKjIU>  
2611 W. Chicago  
773.395.9900
- **Ezra Multi-Service Center**  
<https://www.juf.org/ezra/>  
909 W. Wilson Ave.  
773.275.0866
- **Family Focus (Lawndale)**  
<http://www.family-focus.org/centers/lawndale>  
3517 W. Arthington St  
773-722-5057
- **Garfield Park Conservatory**  
<https://garfieldconservatory.org/>  
300 N. Central Park  
312.746.5100
- **I Grow Chicago**  
<http://www.igrowchicago.org/>  
25 W. 69th St.  
312-286-7392  
[contact@igrowchicago.org](mailto:contact@igrowchicago.org)

- **McKinley Park Advisory Council**  
<https://m.facebook.com/mckinleypark.advisorycouncil.3>  
 Auditorium (yoga runs in 6 week sessions), \$5  
 Pershing Rd & Western Ave.  
 Muevete Block By Block  
 2753 W. Division  
 773.342.0855
- **Pilsen Community Yoga**  
<https://www.facebook.com/groups/PilsenYogaTribe/>  
 1807 S. Allport (location varies, check Facebook page weekly)
- **PCC Austin Health Center**  
<http://www.pccwellness.org/pcc-erie-court-health-center/30>  
 5425 W. Lake  
 773.378.3347
- **Rebuild Foundation**  
<https://rebuild-foundation.org/>  
 6760 S. Stoney Island  
 312.857.5561  
[info@rebuild-foundation.org](mailto:info@rebuild-foundation.org)
- **Sanctuary Place**  
 624 N. Kedzie  
 773.342.0036  
[megan@whpdevelopmentcouncil.net](mailto:megan@whpdevelopmentcouncil.net)
- **Ukrainian Village Classes (bring your own mat):**  
 Ukrainian National Museum  
 Oakley & Superior (ring bell to enter)  
 Currently Wednesdays, 6:30-7:45pm, \$10

Commercial Park, 1845 W. Rice  
 Currently Thursdays 6:45-7:45pm, \$5
- **We G.E.H.T.T.O Urban Survival**  
 6401 S. Stoney Island, Donation suggested  
 312.497.1958
- **Yoga Gardens**  
<http://www.yogagardens.org/>  
 (free for residents of Garfield Park area, \$7 donation requested of others)

773-225-4427  
2722 W. Lexington

- **YogaCare**

<http://www.yogacareus.org/classes>

9119 S Exchange Ave (& other locations)

[yogacareinfo@gmail.com](mailto:yogacareinfo@gmail.com) (773) 245-6937