



FOR IMMEDIATE RELEASE

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“Fall into Yoga” with Free Yoga Social Event and Classes at Navy Pier

Chicago’s iconic lakefront destination to kick off free weekly yoga with VibeUP Yoga Social on September 15

CHICAGO – With autumn just around the corner, Navy Pier, Chicago’s lakefront treasure, has teamed up with [VibeUP](#) to help guests find their Zen with **Fall into Yoga**, a free six-week yoga series that kicks off with a special yoga festival on Saturday, September 15. Led by some of Chicago’s top instructors, *Fall into Yoga* classes will be offered every Saturday thereafter, from September 22 through October 20 at 10 a.m. on the *Polk Bros Park Performance Lawns*. No registration is required for classes. Participants are welcome to simply show up, and encouraged to bring their own mats.

On September 15, guests are invited to officially kick off the *Fall into Yoga* series by participating in the first-ever VibeUP Yoga Social at Navy Pier. Free and open to all ages and fitness levels, the festival promotes relaxation and rejuvenation ahead of the fall season, with access to a series of yoga sessions and a wellness marketplace from 9:30 a.m. to 1 p.m. on the *Polk Bros Park Performance Lawns*. Interested individuals must [register online](#) in advance and bring their own mats to the event.

| VibeUP Yoga Social – Saturday, September 15 | | |
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| Time | Event | Event Details |
| 8:30 a.m. – 9:15 a.m. | Registration | Check-in and free giveaways |
| 9:15 a.m. – 10 a.m. | Yoga 1 – Slow Flow | Slow-paced session, focused on breath and fluid movement |
| 10:15 a.m. – 11 a.m. | Yoga 2 – Vinyasa | Fast-paced session, focused on seamless transitions of postures using breath |
| 11 a.m. – 12 p.m. | Mindful Market Mingle | Market/mixer, featuring live DJ, free food and beverage samples, giveaways from wellness partners/yoga studios and more |
| 12 p.m. – 1 p.m. | Yoga 3 – Slow Flow and Meditation | Slow-paced session, followed by guided meditation |

While at Navy Pier for *Fall into Yoga*, keep the Zen flowing with a soothing ride on Chicago’s iconic *Centennial Wheel*. With enclosed and climate-controlled gondolas, the year-round attraction offers breathtaking views of the serene lake and city skyline from nearly 200 feet above ground, serving as the perfect complementary experience to any yoga practice. [Purchase tickets online](#) to save \$2 and skip the Pier Park Box Office line.

For more information about *Fall into Yoga* and other events, activities and attractions at Navy Pier, visit www.navypier.org or download the Navy Pier app, available in the App Store on any Android or iOS device.

PHOTOS: [Fall into Yoga](#) | Credit: James Richards IV, distractyourface.com

About Navy Pier

Located on Lake Michigan, Navy Pier is one of the top-attended nonprofit cultural destinations in the Midwest, stretching more than six city blocks and welcoming more than 9 million guests annually. Originally opened in 1916 as a shipping and recreation facility, this Chicago landmark showcases more than 50 acres of parks, restaurants, attractions, retail shops, sightseeing and dining cruise boats, exposition facilities and more. In 2018, Navy Pier continues to usher in its second century with ongoing pier-wide redevelopment efforts – including the *Fifth Third Bank Family Pavilion*, *Peoples Energy Welcome Pavilion*, 220-room hotel and more – in addition to free, year-round arts and cultural programming designed to inspire, educate and connect communities across the city and globe. For more information, visit www.navypier.org or download the free Navy Pier app for Android and iOS device users.

Navy Pier Mission Statement

Navy Pier is the People’s Pier, Chicago’s lakefront treasure, welcoming all and offering dynamic and eclectic experiences through partnerships and programs that inspire discovery and wonder.

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