

JULY 2017

CENTERED

s t u d i o s

(312)-229-0093

www.centered-studios.com

7009 n. glenwood chicago, IL 60626

practitioners are available 1-6pm, please call for pricing

monday

Massage Therapy

Melissa Alexander, LMT

850-673-3356

melissaalexander.massagetherapy.com

friday

Zen Shiatsu Massage

Katelyn Steen, AOBTA

612-418-5865

katelynsteen@gmail.com

tuesday

Massage Therapy

Marzena Kostrzewska, LMT

773-281-0404

backtotouch.com

saturday

Acupuncture, Herbal Medicine,

Eastern Nutrition

Mitchell Harris, LAc, Dipl OM

Director & Co-founder,

Centered Studios

312-528-9338

healthfromeast.com

wednesday

Acupuncture, Herbal Medicine,

Eastern Nutrition

Mitchell Harris, LAc, Dipl OM

Director & Co-founder,

Centered Studios

312-528-9338

healthfromeast.com

sunday

Community Acupuncture

Sliding Scale \$20-\$50

Thiera Smith, RN, LAc

773-234-0941

tcmtree@gmail.com

thursday

Acupuncture, Massage, Reiki

Room Available for Rent

special events

Yoga w/ Kittens

Saturday, July 8

6:30-7:30 p.m.

FREE Yoga in the Gardens

Hello!Howard

Vedgewater

Saturday, July 9

9-10 a.m.

Guru Purnima

Saturday, July 9

7-9:15 p.m.

yoga class pricing

Drop In	\$16.00
3 class package	\$45.00
5 class package	\$70.00
10 class package	\$130.00
20 class package	\$200.00
Unlimited Monthly Pass	\$145.00
Stand Up Paddle Yoga	\$35.00

monday**schedule**

6:15am CS Running Club	Staff	45min
11:15am Energetic Flow	Dmytro Nor	1hr 15min
6:30pm Vinyasa Flow	Marilyn Lehman	1hr 15min
8:15pm Vinyasa Level 2	Teresa Liesche-Conz	1hr 15min

tuesday

10am Yinyasa	Tamara Stackpoole	1hr 15min
6:30pm Yoga 101	Kathleen Katsikeas	1hr 15min
8pm AcroYoga	Phil Blaetz	1hr 30min

wednesday

6am Mysore	Teresa Liesche-Conz	2hrs
9:30am Mixed Level Flow	Lisa Lucenti	1hr 15min
6:30pm Mindful Flow	Mary Beth Johnson	1hr 15min
8:15pm R.I.P. Candlelight Flow	Bri Maloney	1hr 15min
7/5 Marc Bolan	7/12 Miles Davis	7/19 Patsy Cline
	7/26 George Harrison	

thursday

9am Mindful Movement	Daniel Domoleczny	1hr 15min
11:30am Ashtanga Yoga	Beverlyn Baer	1hr 15min
6:30pm Gentle Yoga & Meditation	Ginger Crisenbery	1hr 15min
8:15pm Restorative Yoga	Rotating Teacher	1hr 15min

friday

6:15am Beach Yoga	Kathy Pace	1hr
10am Vinyasa Flow	Elsa Guenther	1hr 15min
6:30pm Insight Chicago Meditation Group	Quincy Pittmon	2hrs

saturday

7:30am No Excuse Mom's Workout - FREE	Rotating Teacher	1hr
9:30am Mindful Flow	Lane Fenrich	1hr 15min
11am Ashtanga Yoga	Gordana Markovic	1hr 15min
6:30pm Special Events	Available to Rent	312-229-0093

sunday

8 am Level 2 Yoga	Rotating Teacher	1hr 15min
9:30 am Level 1 Yoga	Rotating Teacher	1hr
6:30pm Community Yoga - \$8	Rotating Teacher	1hr 15min

Register for class through the MindBody app and check our schedule online for new, upcoming, canceled and holiday classes.