

OCTOBER 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

Art Therapy, Psychotherapy

Ashley Samson, LCPC, ATR

ashleysamsonlcpc.art@gmail.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

tcnthiera@gmail.com

thursday

Community Acupuncture

Sliding Scale \$20-\$50

Thiera Smith, RN, LAc

773-234-0941

tcnthiera@gmail.com

special events

Soup Swap

SAT October 7

7-10 p.m.

Hurricane Relief Yoga

Sundays

October 8, 15 & 29

11-12:15 p.m.

Yoga w/ Bunnies

SUN October 22

11-noon

**Acupuncture, Massage,
Naturopath, Art Therapy, Reiki
Rooms Available
for Rent on Monday & Friday
from 1-6 p.m.**

monday

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

8:15am Energetic Flow

Bri Maloney

1hr 15min

10am Yinyasa

Tamara Stackpoole

1hr 15min

6:30pm Yoga 101

Kathleen Katsikeas

1hr 15min

8pm AcroYoga

Phil Blaetz

1hr 30min

wednesday

9:30am Mixed Level Flow

Lisa Lucenti

1hr 15min

11:15am Hip Hop Vinyasa

Niah Whitley

1hr 15min

6:30pm Mindful Flow

Mary Beth Johnson

1hr 15min

8:15pm Zumba

De'andre Peterson

1hr

thursday

9am Mindful Movement

Daniel Domoleczny

1hr 15min

6:30pm Gentle Yoga & Meditation

Ginger Crisenbery

1hr 15min

8:15pm Candlelight Vinyasa

Rotating Teacher

1hr 15min

friday

6:15am Sunrise Flow

Kathy Pace

1hr

9am Vinyasa Flow

Rotating Teacher

1hr 15min

10:45am Preschool Pranayama *drop off

Mack Oliver

45min

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

12:45pm Prenatal Yoga

Bridget Schrank

1hr 15min

sunday

8 am Level 2 Yoga

Rotating Teacher

1hr 15min

9:30am Level 1 Yoga

Rotating Teacher

1hr

11am Hurricane Relief Yoga – OCT 8,15 & 29

Rotating Teacher

1hr 15min

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.