

MARCH 2018

CENTERED

s t u d i o s

www.centered-studios.com

(312)-229-0093
7009 n. glenwood chicago, IL 60626

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

monday

Massage Therapy

Melissa Alexander, LMT

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
tcmthiera@gmail.com

thursday

*Community Acupuncture
Sliding Scale \$20-\$50*

Thiera Smith, RN, LAc

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tcmthiera@gmail.com

special events

Family Yoga

Sing Along

w/ Mack

SUN March 25
10:45-11:30 a.m.

**Acupuncture, Massage,
Naturopath, Psychotherapy,
Reiki room available
to Rent on MON + FRI
from 1-6 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

<i>monday</i>	<i>schedule</i>	
11:15am Energetic Flow	Dmytro Nor	1hr 15min
6:30pm Vinyasa Flow	Marilyn Lehman	1hr 15min
8pm Mixed Level Flow	JJ Banicki	1hr 15min
<i>tuesday</i>		
10am Yinyasa	Tamara Stackpoole	1hr 15min
6:30pm Yoga 101	Krystle Aguilera	1hr 15min
8pm AcroYoga	Phil Blaetz	1hr 30min
<i>wednesday</i>		
9am Mixed Level Flow	Sophie Dushko	1hr 15min
6:30pm Mindful Flow	Mary Beth Johnson	1hr 15min
8pm Mixed Level Flow	Rotating Teacher	1hr 15min
<i>thursday</i>		
9am Mindful Movement	Daniel Domoleczny	1hr 15min
6:30pm Heated Vinyasa Flow	Morgan Marler	1hr 15min
8pm Flex & Flow Yoga	Sophie Dushko	1hr 15min
<i>friday</i>		
6:15am Sunrise Flow	Kathy Pace	1hr
9am Mixed Level Flow	Lisa Lucenti	1hr 15min
10:45am Preschool Pranayama *drop off	Mack Oliver	45min
6:30pm Insight Chicago Meditation Group	Quincy Pittmon	2hrs
<i>saturday</i>		
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
<i>sunday</i>		
8 am Mixed Level Flow	Rotating Teacher	1hr 15min
9:30am Yoga Level One	Rotating Teacher	1hr
6:30pm Community Yoga - \$8	Marlee Mendelson	1hr 15min

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