

JULY 2018

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

melissaalexander.massagetherapy.com

friday

Thai Bodywork

Joe Ingraffia

JIngraffia@msn.com

Zen Shiatsu Massage

Katelyn Steen, AOBTA

katelynsteen@gmail.com

tuesday

Thai Bodywork

Allison Vraniak

avraniak@gmail.com

saturday

Acupuncture, Herbal Medicine,

Eastern Nutrition

Mitchell Harris, LAc, Dipl OM

Director & Co-founder,

Centered Studios

312-528-9338

healthfromeast.com

wednesday

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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

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Sliding Scale \$20-\$50

Thiera Smith, RN, LAc

773-234-0941

tcmthiera@gmail.com

special events

Bunny Yoga

w/ Sue

SUN July 29

11 a.m.

Save the Dates

Yoga w/ LA-based Vladimir

8/3 - 8/5

**Acupuncture, Massage,
Naturopath, Psychotherapy,
Reiki room available
to Rent on MON + TUE
from 1-6 p.m.**

yoga class pricing

Drop In	\$17.00
3 class package	\$45.00
5 class package	\$70.00
10 class package	\$130.00

monday**schedule***10am Mindful Flow**Nicole Kalantis**1hr 15min**6:30pm Vinyasa Flow**Marilyn Lehman**1hr 15min**8pm Mixed Level Flow**JJ Banicki**1hr 15min***tuesday***10am Yinyasa**Tamara Stackpoole**1hr 15min**6:30pm Yoga 101**Krystle Aguilera**1hr 15min**8pm AcroYoga**Phil Blaetz**1hr 30min***wednesday***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***thursday***9am Mindful Movement**Daniel Domoleczny**1hr 15min**6:30pm Heated Vinyasa Flow**Morgan Marler**1hr 15min**8pm VipeUP (yin yoga + meditation)**Charles Paddock**1hr 15min***friday***6:15am Beach Yoga**Kathy Pace**1hr**9am Mixed Level Flow**Sophie Dushko**1hr 15min***saturday***8am Mixed Level Flow**Mary Beth Johnson**1hr 15min**9:30am Mindful Flow**Lane Fenrich**1hr 15min**11am Ashtanga Yoga**Gordana Markovic**1hr 15min***sunday***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.