

APRIL 2024

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
Kim Patterson, LMT
773-266-6227
kim@kimpattersonlmt.com

friday

Massage Therapy
Kim Patterson, LMT
773-266-6227
kim@kimpattersonlmt.com

tuesday

**Acupuncture, Massage,
Naturopath,
Psychotherapy, Reiki**
*rooms available to Rent
on MON, TUE, FRI, SAT
and SUN from 1-6 p.m.*

saturday

Massage Therapy
Ashley Smith, LMT
773-389-1500
ashley@giwellness.net

wednesday

*Acupuncture, Cupping, Herbal
Medicine, Eastern Nutrition*
Mitchell Harris, LAc, Dipl OM
312-528-9338
healthfromeast.com

sunday

Myofascial Release
Elsa Guenther
630-310-7168
elsaguenther@gmail.com

thursday

Psychotherapy
Fallon Sowers-Saini, LCSW
773-263-8145
fallonsainilcsw@gmail.com
Accepted Insurance Plans:
Aetna, BlueCross and BlueShield,
Cigna, Humana and United Healthcare

special events

APRIL

SAT 20th
SOUND BATH
w/ John Price
7-8:30 p.m.

TUE 30th
CREATIVE HANDS COLLECTIVE
w/ Gretchen Livingston
4-6 p.m.

Avi Vodnoy Wolf, LCPC, R-DMT
Pronouns: they / them
219-928-8685
aviwolftherapy@gmail.com
Accepted Insurance Plans:
BCBS PPO and BlueChoice

yoga class pricing

Drop In	\$24.00
3 class package	\$50.00
5 class package	\$80.00
10 class package	\$150.00
20 class package	\$240.00
Unlimited Monthly Pass	\$145.00

monday**schedule**

9:30am Mixed Level Flow

Bridget Porterfield 1hr 15min

6:30pm Mixed Level Flow

Rotating Teacher 1hr 15min

tuesday

6:30pm Mixed Level Flow

Keralee Froebel 1hr 15min

wednesday

9:30am Mixed Level Flow

Ameerah Tatum 1hr 15min

6:30pm Mixed Level Flow

Bridget Porterfield 1hr 15min

thursday

9:30am Mixed Level Flow

Paris Rosenthal 1hr 15min

6:30pm Mixed Level Flow

Leah Shoshana 1hr 15min

friday

9:30am Mixed Level Flow

Bridget Porterfield 1hr 15min

saturday

8:15am Mixed Level Flow

Barrett Winston 1hr 15min

10am Mixed Level Flow

Serena Troshynski 1hr 15min

sunday

8:45am Mixed Level Flow

Susan Steinke 1hr 15min

10:30am Mixed Level Flow

Elsa Guenther 1hr 15min

6:30pm \$2-\$9 Sliding Scale Community Yoga

Marla Seibold 1hr 15min

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