

The Chicago Center for Psychophysical Healing



The Chicago Center for Psychophysical Healing Fall Newsletter

Join us for an Open House Saturday, November 10 from 10:00 to 4:00

- Enjoy mini healing sessions from our staff
- Short informational programs
- Fall treats and friendly conversation

No Reservations Needed

Come and Stop By the Center at 1622 West Devon for Free Sessions and More



Dear Friends,

Exciting new changes are happening at the Center! The Center now offers five free classes a week. You are welcome to drop and bring a friend.

- **Psychophysical Re-Education:** Tuesdays at 8AM and Sundays at 3PM
- **Forrest Yoga:** Wednesdays at 8AM
- **Neidan:** Mondays at 8AM
- **Sameta (Thai Buddhist Meditation):** Sunday at 5PM

This is our gift to the community and you – come improve your health and well-being.

We Have Expanded Our Services

Besides our free classes, the Center has expanded to include a wider variety of practitioners. **Services include Reiki, Acupuncture, Asian Bodywork, Structural Therapy, Cranial-Sacral Therapy, Massage Therapy, Herbal and Nutritional Counseling, Flower Essence Therapy and Colonic Therapy.** There is also a special space dedicated to energy healing.



Meet Our New Practitioners

DAVID CLARK

Our newest practitioner, David has just relocated to Chicago after years of training and teaching classes at the Center. David is a Structural Therapist, a Reiki Master Practitioner & Teacher, an Herbalist with three years of training in our clinical program in Herbal Medicine and Nutrition. He brings his energy healing and experience, along with his special energy equipment and knowledge to the Center. Look for David and Althea to be collaborating and teaching seminars this coming winter. He will also be assisting Althea with her clients.

JENNIFER GREENE

Jennifer joined our staff this past winter, as a highly experienced and trained Colon Therapist. We have dedicated a special room to her work. In addition to colonic irrigation, Jennifer is an expert on how to restore damaged digestive systems through herbs, diet and fermented foods. She will be teaching a class in how to make fermented foods simply and safely in the future.

VICTOR NICKERSON

While primarily working at the famous Peninsula Spa, Victor is available for private sessions at the Center in Cranial-Sacral Therapy, Massage Therapy and Structural Therapy. He is a Bodyworker with many years experience, and he also is Althea's husband.

Our Current Classes and Programs Include

Free Herbal Clinic Consultations at our Student Clinic

As part of the training process for the senior herb students, Althea will be supervising a student clinic open to all who want to experience a thorough consultation on how to improve your health through herbal medicine. Clinic will be held on Tuesday evenings from 6:45 p.m. to 9:00 p.m.. To register for this class please call us at 773-764-0960.

Structural Therapy Training Program 2018 - 2019

Jane Woodcock, Althea Northage-Orr and Melissa Wergin are teaming up to teach Structural Therapy in the 10 session format. Both Jane and Althea have taught for many years and bring a wealth of clinical experience to the class, assisted by Melissa, who in addition to assisting in previous classes, also brings Cranial-Sacral Therapy into the mix. The class starts soon, call for more information and to register.

Coming this Winter

Reiki and short courses in Herbal Medicine.

Let us know what classes and workshops you are interested in seeing at The Center, we welcome your feedback and hope to see you at our Open House on November 10!

Warmly,

Althea & All of Us At the Chicago Center for Psychophysical Healing



Althea Northage-Orr, Founder

CCPH Affiliated Practitioners:

Jane Woodcock, CST: Structural Therapy, Herbal Counseling 773-972-1984
Melissa Werner, CST, NCBTMB: Structural Therapist, Reiki Master, Doula 773-931-0776
LeeAnn Lodder, LMT, CST: Structural Therapy, Massage 773-791-6232
Rachel Cook, NCBTMB, LMT, CST: Structural & Prenatal Massage 224-305-1260
Anna Schabold, CST 872-216-2468
Jennifer Green, Colon Therapist 773-968-4294