

Time Out Chicago

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Listings

If you want to be listed

Submit information by mail, e-mail (thetget@timeoutchicago.com) or fax (312-924-9350) to **Kevin Aeh**. Include details, dates, times, address of venue, nearest El station or bus routes, contact information and admission price, if any. **Deadline is noon on Monday, ten days before publication date.**

Mind & body

► timeoutchicago.com/wellness
► timeoutchicago.com/sport

Classes & workshops

Cosmic trends workshop You know the saying "It's written in the stars"? Sounds like hokey to some of us cynics. But, with some help from local astrologer Barbara Schermer, you might change your mind. This two-hour workshop will teach you how to recognize hidden cycles and patterns in astrology to plan for successful outcomes. *Alma, 600 W Chicago Ave (312-755-1313, almapspa.com). El: Brown, Purple (rush hrs) to Chicago. Bus: 8, 66. Fri 11, 7-9pm. \$30.*

Fourth annual yoga retreat Give your mind and body a break from the daily routine with this yoga weekend. The retreat includes 14 fee-based workshops and free lectures for participants of all ages and abilities. See gallertlifecenter.org for more information. Prices start at \$20 for members and \$30 for nonmembers for a single workshop; and \$75 for members and \$100 for nonmembers for five workshops. *Galler Life Center, 5157 N Francisco Ave (773-878-9936). Bus: 92. Fri 11, 5:15-8:15pm; Sat 12, 8:15am-4pm; Sun 13, 9:15am-3pm.*

How to talk to your colorist workshop Communication is the key to success, especially when it comes to your hairstylist. Attend Studio Within Salon/Spa's workshop, hosted by master colorist John Lusk, to learn about highlights, covering gray and more so you know what to ask of your colorist. Plus, get a mini consultation with Lusk and the chance to win a free color service. *Studio Within Salon, 3000 N Sheffield Ave (773-348-9323, studiowithin.net). El: Brown, Purple (rush hrs) to Wellington. Bus: 9, 76, 77. Wed 16 at 7:30pm. \$5.*

Thirteen Moons September session Reading the In & Out column of this very magazine may titillate your physical appetite for time in the boudoir, but this afternoon's workshop will help satiate your spiritual appetite, too. Learn how self-respect, trust and faith facilitate the creation of healthy boundaries and deep union. The cost of the class includes a sacred stone and materials you can bring home for your personal practice. *Yoga Now Gold Coast, 742 N LaSalle St (312-280-9642, yoganowchicago.com). El: Brown, Purple (rush hrs). Red to Chicago. Bus: 22, 29, 36, 66. Sat 12, 12:30-4:30pm. \$60.*

Fitness events

Chicago Canine Rescue's Mutt Strut Take a family- and pup-friendly 1.5-mile stroll through Roscoe Village then join the pack for live music, contests and a post-walk barbecue. The first 300 walkers get free T-shirts as well as the first gander at new dogs available for adoption. Pets and kids get in free. *3200 N Hoyne Ave (chicagocaninerescue.com). El: Brown to Paulina. Bus: 9, 39, 11, 77. Sat 12, 11am-3pm. \$40.*

Chicago Half Marathon The crowds aren't quite as huge as at the full marathon, but there's still an impressive showing in Hyde Park cheering on the 12,500 runners who pound the pavement for 13.1 miles in this 13th annual race. It's a great way to tune up for the real deal, which comes just a few short weeks after this one. A fitness expo and a concert from health-conscious rockers Underwater People on the front lawn of the Museum of Science and Industry follows. Those of us who aren't ready to bite off the 13.1 can take it easy with a 5K fun run that kicks off immediately following the start of the half marathon. *Jackson Park, 6401 S Stony Island Ave (773-256-0903, chicagoparkdistrict.com). Bus: 6, 28, Sun 13 at 7:30am. \$50; 5K \$25-\$35.*

Spas & specials

Body Endeavors The 1990s really are coming back. Through the end of 2009, prices, including private and semiprivate Pilates sessions, massages and mat classes, are all marked down to their original rates from 1999. To wit: Single private Pilates sessions cost \$65; five 30-minute private sessions cost \$145; and an unlimited 30-day mat class card costs \$85. And that's just the beginning. *1528 N Halsted St (312-202-0028, bodyendeavorspilates.com). El: Red to North/Cyber. Bus: 8, 72.*

CHARMED, I'M SURE Alyssa Milano will show you she's the boss when she appears at FansEdge in the The Shops at Northbridge on Friday 11. See page 32.



The Get

Chicago Touch It's time to celebrate Chicago Touch's third anniversary, and to do so, you have to stop in and say hello. But don't visit just any day. On Wed 16, the spa offers a 50-minute massage for \$49 (normally \$55) or energy healing session. *1121 N Ashland Ave (773-342-3650, chicagotouch.biz). El: Blue to Division. Bus: 9. Daily 10am-8pm.*

exhale A lot can happen in one week, especially if you've never been to this Gold Coast spa. First timers (as well as customers who haven't visited in three or more months) can take advantage of "one week of transformation" for only \$40. The package includes unlimited yoga and core fusion classes, free organic tea, a one-year subscription to *Body and Soul* magazine, as well as discounts on spa services and retail purchases.

You'll be a new person in just seven days. *945 N State St (312-753-6500, exhalespa.com). El: Red to Chicago. Bus: 22, 36, 66, Mon-Fri 8am-9pm; Sat, Sun 8am-5pm.*

John Allan's Grooming Club This South Loop men's grooming club offers haircut and facial services in a sleek environment that includes a bar, pool table, flat-screen TVs and plush leather chairs. And now you can get a treatment at almost half the cost. Pop in during September, because the "signature full service" (which includes a haircut, manicure, shoeshine and

relaxing hot towels) is being offered for \$38 (regularly \$65). *111 W Jackson Blvd (312-663-4600, johnallans.com). El: Red, Blue to Jackson; Brown, Purple (rush hrs), Orange, Green to Library. Bus: 22, 36, 134, 156. Mon-Thurs 10am-6pm; Fri 10am-7pm.*

Massage Envy It's the gift to yourself that keeps on giving. Book an appointment for the Susan G. Komen Massage for the Cure event taking place Tue 15 by paying at least \$35 for a one-hour massage, and \$10 will be donated to the foundation for

breast cancer. Any amount donated over \$35 will also go directly to the foundation. The day of massages runs from 8am-10pm. *345 E Ohio St (312-222-0808, massageenvy.com). El: Red to Grand. Bus: 2, 3, 65, 145, 146, 147, 151. Mon-Fri 8am-10pm; Sat 8am-8pm; Sun 10am-5pm.*

Mitchell Dental Spa One visit to Mitchell Dental Spa will help you forget those Little Shop of

Horrors-type memories of going to the dentist as a kid. Stop by this luxury downtown dental spa for a cleaning through the month of September and go for a facial while you're there. Why? Because the skin-firming power facial (which addresses fine lines, wrinkles and sun damage) is 50% off (the treatment is normally \$95 for 60 minutes; \$55 for 30). *845 N Michigan Ave, suite 922-E (312-612-1014, mitchelldentalspa.com). El: Red to Chicago. Bus: 66, 145, 146, 147, 151. Mon-Fri 8am-5pm.*

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