

Welcome to EEIC and Chicago!

We are excited to welcome you into our community of embodied movers. Whether you are joining a cohort, taking a single class, or attending a workshop, we want your time in Chicago to be fabulous! So here are a few tips to get you prepared.

Our studio is located in the Ravenswood neighborhood and housed in [Mind Body Connections](#) space (one of our faculty's private practice). Ravenswood is super cool and has much to offer. Check out the Ravenswood Chamber of Commerce site and event calendar <https://ravenswoodchicago.org/>.

The exact address of the studio is 1802 W. Berteau, suite 205, Chicago. We are just north of Irving Park Rd and south of Montrose-two major east/west streets. The building is on the north west corner of Ravenswood and Berteau. The Chicago “[brown line](#)” has two stops near enough to walk to the studio-either Irving Park or Montrose. You can also take an Irving Park/Montrose bus across the city and get off at Ravenswood. The Chicago Transit Authority [CTA website](#) is very user friendly. Of course, Uber/Lyft are also a good option for quick travels door to door.

If you are flying into the city O’Hare Airport or Midway Airport are your options. Depending on traffic O’Hare is going to be closer to the studio than Midway. Both airports have trains that take you directly into the city. The [Blue Line](#) goes to/from O’Hare and the [Orange Line](#) goes to/from Midway. The train is a much faster option on most days to get in and out of the city vs. a cab/uber. Public transportation is fairly easy to navigate if you have a map feature on your phone.

For accommodations:

The Wrigley Hostel for cheap accommodations. www.wrigleyhostel.com-9 minute drive to the studio. Pricing around \$110/night. It is in the heart of Wrigleyville which can be quite busy and loud and fun too. It’s near the stadium where the Chicago Cubs play. So pay attention to whether or not your class is on a home game weekend.

The Midtown hotel is amazing but a bit pricey <https://www.midtownhotelchicago.com> around \$300/night but great amenities. It’s also about 15 minutes from the studio by car.

The Chicago Hotel Connection in Wrigleyville.

<https://www.thechicagohotelcollection.com/wrigleyville> and booking prices will vary considerably depending on the dates. A membership to this group is an option so you can receive discounts/amenities for your stays. About 7 minutes from the studio by car.

The Best Western Hawthorne Terrace. <https://www.bestwestern.com/> is in Lincoln Park which is lovely and has a lot to offer. This is approximately 15 minutes drive. Prices vary depending on dates but approximately \$200-350/night.

[Air BnB's](#) are also good options, much closer by as well. Type in Ravenswood, Chicago, IL into your search to get close to the studio.

Nearby Restaurants:

[Rojo Gusano](#) has amazing tacos and margheritas-2 minute walk

[Farm Bar Ravenswood](#) on Montrose is a 15 minute walk and has 5 star ratings.

There are plenty of Breweries check out [Koval Tasting Room](#) or [Dovetail](#)

Coffee shop-[Ritual Coffee](#) is adorable on Irving Park. Has homemade baked good and an outside garden in the back.

Help while you are here:

We have a couple of alumni that live in the city who are also willing to connect with you and help out as needed. Just let us know if you would like their contact information.

If you have any other questions, please don't hesitate to email embodiededucationinstitute@gmail.com