



Mind Over Matter

Celebs have been quick to embrace it, and now the meditation trend is spreading to Chicago, thanks to three new studios.

Here's why it should be part of your wedding planning —*Andrea Mills*

Meditation, says Claire Mark, founding partner and instructor at **Chill Chicago** (drop-in single session \$22, chillchicago.com), can help you “stay grounded amid the chaos and stress that can potentially ensue around a wedding.” The recently opened River North studio features a modern, comfortable space with classes categorized as Breath, Rest and Insight. “Meditation is a great tool for setting an intention of who you want to be and what you want to bring to this new union,” explains Mark. >>>

With Sylvia Maldonado's brand-new, on-demand meditation service **Breathe Bar** (mybreathebar.com), the sessions will come to you. “Attending class should not add to stress levels or your to-do list,” Maldonado says. Breathe Bar has a Breathing for Brides offering (price upon request), which is a private class held at a client's preferred location that can be customized for a individual goals, like stress reduction or relaxation. >>> Elizabeth Meador at

Anatomy Redefined (sound meditation from \$30, anatomyredefined.com) takes a more physical approach, with Pilates classes that incorporate meditation and regular guided sound-meditation classes with planetary gongs and quartz crystal singing bowls. Meador works with each client to nurture themselves energetically as well as physically. “We are so much more than our physical bodies,” she says. Meador suggests starting with the sound meditation, and has a special tip for brides-to-be: “Slowly go through each part of your big day,” she says, “imagining everything running smoothly, exactly as you desire.”

SOMETHING NEW

FARE WITH FLAIR

Known for cuisine that's as artful as it is appetizing, Kenmare Catering's Katie O'Reilly shares her expertise on crafting plates with personality.

By Meg Mathis



There are foodies, and then there's **Katie O'Reilly**. The culinary artist and co-owner of Kenmare Catering & Events, O'Reilly estimates that she feeds 40,000 guests (including A-listers like Barack and Michelle Obama) annually. And with her show, *Katie O's Food Carnival*, now beginning its third season on the Women's Broadcast Television Network, O'Reilly shares her knowledge with the culinary-inclined masses on a weekly basis.

In any event, O'Reilly's all about making food personal. “I tell [clients], ‘If you see an ingredient you don't like, just tell me—we'll take it out,’” she says, nibbling on a piece of apricot, brie and almond flatbread (her creation) in her light-filled office. “Blue cheese,” she says, “does not have to be on a salad.”

For Diamond package weddings, O'Reilly begins by spending an hour on the phone with the couple. Her first question: Is there anything you love or hate? “Depending on how influenced they are in their selections, I give them flexibility with late-night snacks to choose something that represents them,” says O'Reilly, who often asks couples about where they met, first-date locations and honeymoon destinations to add personality.

Still, that personal touch should be palate-pleasing. “I usually don't put a lot of things on [menus] that are going to be too strange,” says O'Reilly. And if a couple is determined to serve an especially unorthodox item? “It's perfect for the rehearsal dinner,” she says. *Silver package from \$129 per person, kenmarecatering.com; ktofoodcarnival.com*

KATIE O'REILLY PHOTO BY MARIA PONCE BERBE. HAIR BY JUAN JOSE HERRERA. MAKEUP BY JACKIE VAN RIET