

**Body & Soul of Kansas City, LLC**  
**649 East 59<sup>th</sup> Street, Kansas City, MO 64110**  
**816-363-8282**  
[www.bodyandsoulkc.com](http://www.bodyandsoulkc.com)

## **SEPTEMBER- OCTOBER, 2019**

### **Yoga I**

Can't touch your toes? Afraid you may fall over? This class is for you. This class is also for those physically fit looking to soothe the mind, revitalize the body and energize the spirit! Lean the basic yoga postures and breathing techniques here.

#### **Monday Evenings**

5:30pm to 6:45pm

September 9 to October 21

#### **Wednesday morning**

9:00am-10:15am

September 4 to October 23

#### **Wednesday evening**

6:30pm to 7:45pm

September 4 to October 23

#### **Friday Mornings**

9:00am to 10:15am

September 6 to October 25

#### **Saturday Mornings**

9:00am to 10:15am

September 7 to October 26

### **Yoga II**

You're not quite doing handstands, but you got downward dog down! In addition to learning more advanced poses, continue to develop strength, mobility and balance in this class.

#### **Monday Evening**

6:45pm to 8:00pm

September 9 to October 21

### **Yoga III**

You ready to give that handstand a try? Good, because here it comes! Join this small supportive group of Body & Soul vets with this strength focused and almost aerobic work out.

#### **Saturday Mornings**

10:15am to 11:45am

September 7 to October 26

### **Awareness Through Movement®**

THE FELDENKRAIS METHOD

Slow, repetitive movements done primarily lying down. These classes will heighten your awareness of your body, restore full range of motion, and improve breathing and posture.

#### **Monday Mornings**

9:00am to 10:00am

September 9 to October 21

#### **Wednesday Evenings**

5:30pm to 6:30pm

September 4 to October 23

### **Fitness Fusion**

This class combines Pilates, Barre method, low impact cardio and more for a complete and challenging workout. We have some fun in this class!

#### **Thursday Evenings**

6:30pm to 7:30pm

September 5 to October 24

### **Pricing**

**8 week series \$125**

**Monday class will not meet on Labor Day**

**Monday classes are a 7 week series \$110**

**\$225 for 2 classes per week**

**Unlimited \$245**

**\$18 for a single class**