

**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)

## **October-December, 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! Learn the basic yoga postures and breathing techniques here.

#### **Monday Evenings**

5:30pm to 6:45pm  
October 28 to December 23

#### **Wednesday morning\***

9:00am-10:15am  
October 30 to December 18

#### **Wednesday evening\***

6:30pm to 7:45pm  
October 30 to December 18

#### **Friday Mornings**

9:00am to 10:15am  
November 1 to December 27

#### **Saturday Mornings**

9:00am to 10:15am  
November 2 to December 28

### **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  
October 28 to December 23

### **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  
November 2 to December 28

### **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  
October 28 to December 23

#### **Wednesday Evenings\***

5:30pm to 6:30pm  
October 30 to December 18

### **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  
October 31 to December 26

### **Pricing**

**8 week series \$125**

**7 week series ( No class on Thanksgiving or Christmas) \$110**

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

**Unlimited \$245**

**\$18 for a single class**

**Body & Soul K.C. will be closed from November 4 to November 10**