

**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)

## **MARCH-APRIL, 2020**

### **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  
March 2 to April 27

#### **Wednesday morning**

9:00am-10:15a  
March 4 to April 29

#### **Wednesday evening**

6:30pm to 7:45pm  
March 4 to April 29

#### **Friday Mornings**

9:00am to 10:15am  
March 6 to May 1

#### **Saturday Mornings**

9:00am to 10:15am  
March 7 to May 2

### **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  
March 2 to April 27

### **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  
March 7 to May 2

### **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  
March 2 to April 27

#### **Wednesday Evenings**

5:30pm to 6:30pm  
March 4 to April 29

### **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  
March 5 to April 30

### **Pricing**

**9 week series \$145**

**\$255 for 2 classes per week**

**Unlimited \$270**

**\$18 for a single class**