

Body & Soul of Kansas City, LLC

All classes are online

October, 2020

register at www.bodyandsoulkc.com

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

5:30-6:45pm

October 5 to October 26

Wednesday mornings

9:00-10:15am

October 7 to October 28

Wednesday Evenings

6:30pm to 7:45pm

October 7 to October 28

Friday Mornings

9:00am to 10:15am

October 9 to October 30

Saturday Mornings

9:00am to 10:15am

October 10 to October 31

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 5 to October 26

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

October 10 to October 31

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 5 to October 26

Wednesday Evenings

5:30pm to 6:30pm

October 7 to October 28

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

6:30 to 7:30

October 8 to October 29

Pricing

4 week series

1 class per week \$60

2 classes per week \$100

Unlimited \$115

\$18 for a single class