

# Body & Soul of Kansas City, LLC

All classes are online

September-October, 2021

(8 week session)

register at [www.bodyandsoulkc.com](http://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  
August 30 to October 18

### **Wednesday mornings**

9:00-10:15am  
September 1 to October 20

### **Wednesday Evenings**

6:30pm to 7:45pm  
September 1 to October 20

### **Friday Mornings**

9:00am to 10:15am  
September 3 to October 22

### **Saturday Mornings**

9:00am to 10:15am  
September 4 to October 23

## 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  
August 30 to October 18

## 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 4 to October 23

## 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  
August 30 to October 18

### **Wednesday Evenings**

5:30pm to 6:30pm  
September 1 to October 20

## 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  
September 2 to October 21

## Pricing

8 week series

1 class per week \$120

2 classes per week \$210

Unlimited \$230

\$18 for a single class