

Body & Soul of Kansas City, LLC

All classes are online

January-February, 2022

(8 week session)

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

January 3 to February 21

Wednesday mornings

9:00-10:15am

January 5 to February 23

Wednesday Evenings

6:30pm to 7:45pm

January 5 to February 23

Friday Mornings

9:00am to 10:15am

January 7 to February 25

Saturday Mornings

9:00am to 10:15am

January 8 to February 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

January 3 to February 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

January 8 to February 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

January 3 to February 21

Wednesday Evenings

5:30pm to 6:30pm

January 5 to February 23

Front room 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

January 6 to February 24

Pricing

8 week series

1 class per week \$120

2 classes per week \$210

Unlimited \$230

\$18 for a single class