

Body & Soul of Kansas City, LLC

All classes are online

November to December, 2022

(8 week session)

register at www.bodyandsoulkc.com

(Please note that morning classes will meet on December 24th and 31st)

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

5:30-6:45pm

November 7 to December 26

Wednesday mornings

9:00-10:15am

November 9 to December 28

Wednesday Evenings

6:30pm to 7:45pm

November 9 to December 28

Friday Mornings

9:00am to 10:15am

November 11 to December 30

Saturday Mornings

9:00am to 10:15am

November 12 to December 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

November 7 to December 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

November 12 to December 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

November 7 to December 26

Wednesday Evenings

5:30pm to 6:30pm

November 9 to December 28

Front room Fitness

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

November 10 to December 29

Pricing

8 week series

1 class per week \$120

2 classes per week \$210

Unlimited \$230

\$18 for a single class