

Body & Soul of Kansas City, LLC

All classes are online

February-April, 2023

(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

February 27 to April 17

Wednesday mornings

9:00-10:15am

March 1 to April 19

Wednesday Evenings

6:30pm to 7:45pm

March 1 to April 19

Friday Mornings

9:00am to 10:15am

March 3 to April 21

Saturday Mornings

9:00am to 10:15am

March 4 to April 22

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

February 27 to April 17

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 4 to April 22

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

February 27 to April 17

Wednesday Evenings

5:30pm to 6:30pm

March 1 to April 19

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

March 2 to April 20

Pricing

8 week series

1 class per week \$120

2 classes per week \$210

Unlimited \$230

\$18 for a single class