

**Body & Soul of Kansas City, LLC**  
**Online classes**  
**(contact me if you would like to come in person)**  
**June-August, 2023**  
**(8 week session)**

**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.

**Wednesday mornings**

9:00-10:15am

June 21 to August 9

**Wednesday Evenings**

6:30pm to 7:45pm

June 21 to August 9

**Friday Mornings**

9:00am to 10:15am

June 23 to August 11

**Saturday Mornings**

9:00am to 10:15am

June 24 to August 12

**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**

6:00pm to 7:15pm

June 19 to August 7

**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

June 24 to August 12

**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

June 19 to August 7

**Wednesday Evenings**

5:30pm to 6:30pm

June 21 to August 9

**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

June 22 to August 10

**Pricing**

**8 week series**

**1 class per week \$120**

**2 classes per week \$210**

**Unlimited \$230**

**\$18 for a single class**