

# Body & Soul of Kansas City, LLC

Classes are online, 2023

(8 week session)

No classes will meet between October 7 and October 22

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! Learn the basic yoga postures and breathing techniques.

### **Wednesday mornings**

9:00-10:15am

August 23 to October 25

### **Wednesday Evenings**

6:30pm to 7:45pm

August 23 to October 25

### **Friday Mornings**

9:00am to 10:15am

August 25 to October 27

### **Saturday Mornings**

9:00am to 10:15am

August 26 to October 28

## 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

August 21 to October 23

## 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

August 26 to October 28

## 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 21 to October 23

### **Wednesday Evenings**

5:30pm to 6:30pm

August 23 to October 25

## 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

August 24 to October 26

## **Pricing**

**8 week series**

**1 class per week \$120**

**2 classes per week \$210**

**Unlimited \$230**

**\$20 for a single class**