

Body & Soul of Kansas City, LLC

Online classes

(contact me if you would like to come in person)

October 30 to December 18, 2023

Register at 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 here.

Wednesday mornings

9:00-10:15am

November 1 to December 20

Wednesday Evenings

6:30pm to 7:45pm

November 1 to December 20

Friday Mornings

9:00am to 10:15am

November 3 to December 22

Saturday Mornings

9:00am to 10:15am

November 4 to December 23

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

October 30 to December 18

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 4 to December 23

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

October 30 to December 18

Wednesday Evenings

5:30pm to 6:30pm

November 1 to December 20

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 2 to December 21

Pricing

8 week series

1 class per week \$120

2 classes per week \$210

Unlimited \$230

\$20 for a single class