

Body & Soul of Kansas City, LLC
Online classes
January 8 through March 2, 2024
Register at bodyandsoulkc.com
(contact me if you would like to come in person)
bodyandsoulkc@gmail.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

January 10 to February 28

Wednesday Evenings

6:30pm to 7:45pm

January 10 to February 28

Friday Mornings

9:00am to 10:15am

January 12 to March 1

Saturday Mornings

9:00am to 10:15am

January 13 to March 2

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

January 8 to February 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

January 13 to March 2

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

January 8 to February 26

Wednesday Evenings

5:30pm to 6:30pm

January 10 to February 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

January 11 to February 29

Pricing

8 week series

1 class per week \$135

2 classes per week \$235

Unlimited \$250

\$20 for a single class