

**Body & Soul of Kansas City, LLC**  
**Online classes**  
**August to October 2024**  
**Register at [bodyandsoulkc.com](http://bodyandsoulkc.com)**  
**(contact me if you would like to come in person)**  
**[Bodyandsoulkc.com](http://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  
August 28 to October 16

**Friday Mornings**  
9:00am to 10:15am  
August 30 to October 18

**Saturday Mornings**  
9:00am to 10:15am  
August 31 to October 19

**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 26 to October 14

**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 31 to October 19

**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 26 to October 14

**Wednesday Evenings**  
5:30pm to 6:30pm  
August 28 to October 16

**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**  
6:15pm to 7:15pm  
August 29 to October 17

**Pricing:**

**8-week series  
1 class per week \$135**

**Unlimited \$250**

**\$25 for a single class**