

Body & Soul of Kansas City, LLC

649 East 59th Street, Kansas City, MO 64110

816-363-8282

www.bodyandsoulkc.com

July-August, 2018

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.

Monday Evenings

5:30-6:45pm

July 2 to August 27

Wednesday mornings**

9:00-10:15am

July 11 to August 29

Friday Mornings

9:00am to 10:15am

July 6 to August 31

Saturday Mornings

9:00am to 10:15am

July 7 to September 1

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

6:45pm to 8:00pm

July 2 to August 27

New Summer Offering Mindful Movement and Breath

Gentle yoga and meditation practices based on moving energy through the body

Wednesday evenings**

6:30pm to 7:45pm

July 11 to August 29

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

July 7 to September 1

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

July 2 to August 27

Wednesday Evenings**

5:30pm to 6:30pm

July 11 to August 29

Fitness Fusion

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

July 5 to August 30

Please note that Body & Soul K.C. will be closed from July 30 to August 11.

Pricing

7 week series \$105

6 week series(classes on Wednesday and Thursday) \$95

(No classes on July 4)

\$200 for 2 classes per week/Unlimited \$215

\$18 for a single class