

Body & Soul of Kansas City, LLC
649 East 59th Street, Kansas City, MO 64110
816-363-8282
www.bodyandsoulkc.com

November to December, 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! Learn the basic yoga postures and breathing techniques here.

Monday Evenings

5:30pm to 6:45pm

October 29 to December 17

Wednesday morning*

9:00-10:15am

October 31 to December 19

Friday Mornings

9:00am to 10:15am

November 2 to December 21

Saturday Mornings

9:00am to 10:15am

November 3 to December 22

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

October 29 to December 17

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 3 to December 22

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 29 to December 17

Wednesday Evenings*

5:30pm to 6:30pm

(no class on Halloween)

November 7 to December 19

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

November 8th to December 20

(no class on November 1)

Pricing

8 week series \$120

**7 week series on Wednesday and Thursday
nights \$105**

\$215 for 2 classes per week/Unlimited \$230

\$18 for a single class