



## Yoga Month September 2015 Schedule

Come celebrate Yoga Month September 2015, featuring yoga classes and workshops to inspire healthy living. For more information and to register, visit [KCFitnesslink.com/yogamonth](http://KCFitnesslink.com/yogamonth)

- **Businesses** can request a free yoga or CrossFit class just for their employees during Yoga Month to support your corporate wellness initiatives. Contact us at 816-522-9398 or e-mail [kcfitnesslink@gmail.com](mailto:kcfitnesslink@gmail.com)
- **KC Residents** can experience a full week of free classes including yoga, Tai Chi, boot camp, Zumba and CrossFit at our two locations anytime during September 2015.

### **Family Yoga with Amanda Garner, \$5**

Adapted for the entire family, this class includes poses, breathing techniques and acting out yoga stories.

- September 5 and September 19, 2015, 10 -11 a.m. at Plaza KCFitnessLink

### **Know Your Chakra's with Danelle Drury, \$30 + optional \$30 for essential oils to take home**

Learn about the chakras, how to balance them and how essential oils can bring about health benefits.

- September 5, 2015, 1:00-3:30 p.m. at Plaza KCFitnessLink

### **Fitness Day at the Nelson Atkins Art Museum, Free**

Come join us for two hours of fitness. Try one, or two classes including bootcamp and yoga. (Bootcamp 8:00-9:00 a.m., Yoga 9:00-10:00 a.m.)

- September 5 & 19, 2015 at the Nelson Art Musuem South Lawn, 4525 Oak St Kansas City, MO 64111

### **Holistic Health Career Fair, Free**

Learn what it takes to become a nationally certified yoga teacher, yoga therapist or holistic health and wellness coach.

- September 12, 2015, 1:30-3:30 p.m. at City of Fountains CrossFit

### **200 Hour Yoga Teacher Training, By Donation**

Study Hatha, vinyasa and power yoga. You'll learn the tools of breathing, postures, meditation, philosophy and healthy living. Sliding scale by donation registration starting at \$1,750. Donations support Unity Temple's Revive Campaign.

- September 7-18, 2015, 8:00-5:00 p.m. daily at Plaza KCFitnessLink

### **Join us at the Plaza Art Fair, Free**

Come explore yoga, healthy snacks and sample classes from our instructors at Plaza KCFitnessLink

- September 25, 2015, 5:45 p.m.-7:15 p.m. Art & Yoga w/Amanda (yoga 5:45-6:30 p.m.)
- September 26, 2015, 9:00 a.m.-12:00 p.m., FREE Mini Yoga and Zumba Classes



## **Free Week of Unlimited Yoga & Fitness Classes**

**View class schedule at [www.KCFitnessLink.com/schedule](http://www.KCFitnessLink.com/schedule)**

City of Fountains CrossFit: 541 D Central Ave., Kansas City, KS 66101

KCFitnessLink Plaza: 707 West 47<sup>th</sup> Street| Unity Temple Basement | Kansas City, MO 64112