



kansas siddhi yoga

studio & boutique

ksy west class schedule

crossroads studio

www.moyoga.com

kansas siddhi yoga west
1717 wyandotte street
kansas city, mo 64108
(toll free) 1.866.222.9555

crossroads class schedule

monday	solar flow	sarah kucera
12:00 - 1:00p	solar flow	gina caputo
5:30 - 6:45p	basics flow	gina caputo
7:00 - 8:15p		
tuesday	solar flow	gina caputo
12:00 - 1:00p	yin/yang yoga	sarah kucera
6:00-7:15p		
wednesday	solar flow	sarah kucera
12:00 - 1:00p	solar flow	gina caputo
5:30 - 6:45p	lunar yoga	gina caputo
7:00 - 8:00p		
thursday	solar flow	gina caputo
12:00 - 1:00p	solar flow	laura williamson
5:30 - 6:45p	basics flow	sarah kucera
7:00 - 8:15p		
friday	solar flow	sarah kucera
12:00 - 1:00p	yin/yang yoga	laura williamson
5:30 - 6:45p		
saturday	solar flow	gina caputo
9:00 - 10:30a	basics flow	sarah kucera
11:00 - 12:00p		

sunday events (see website for dates)

monthly relax deeply classes

karma flow classes for charity workshops

First Class: \$8 or free with class pass*

Single Class: \$13

5 Class Pass: \$60 (\$12/class)

10 Class Pass: \$110 (\$11/class)

20 Class Pass: \$180 (\$9/class)

Class passes are valid for 90 days.

Class passes cannot be shared.

**Free with same-day purchase of any size class pass.*

Monthly Unlimited Yoga: \$125 (valid 30 days)

crossroads class descriptions

NEW TO YOGA?

Try our Basics Flow, Lunar Yoga or Restorative Yoga classes. We also offer one-day Intro to Yoga workshops. Don't let your lack of flexibility or fear that you "can't do it" stop you from experiencing how yoga can change your life for the better.

basics flow (fundamentals of vinyasa flow yoga)

This class is recommended for brand-new students, those new to Flow-style yoga or anyone wanting a methodically paced class. Principles of proper alignment, breathing and mindfulness are taught in elemental versions of basic poses.

solar flow (vinyasa flow yoga)

These classes have a dynamic energy and explore the linking of poses together to create a state of rhythmic flow. A Solar Flow class will activate your cardiovascular system and detoxify your body. Solar classes are for students seeking a yoga practice that enhances awareness, strength and fluidity.

lunar yoga (slow, deep stretch)

These classes have a soothing, down-tempo energy and aim to increase flexibility and range of motion while calming the nervous system. Open to all students, including brand-new beginners (and everyone who insists they aren't flexible enough to do yoga!), Lunar classes offer a balance of meditation, calming breathwork and slow, deep stretches that promote a sense of stillness within.

yin/yang yoga (a perfectly balanced practice)

These unique classes include both the vital energy of Solar Flow (Vinyasa) and the depth and intensity of Lunar Yoga (Yin). You will recalibrate your body and mind and explore both your active and your contemplative sides. You'll leave feeling a blissful sense of harmony within.

relax deeply (gentle flow yoga & restorative)

This monthly class is suitable for absolutely all adults and combines gentle movement and stretches with various yoga props to create postures that open up dormant places in the body, enable deep breathing and put you in a state of deep relaxation for optimal renewal.