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**KAUFFMAN CENTER FOR THE PERFORMING ARTS
ANNOUNCES FALL *YOGA AT THE KAUFFMAN CENTER* CLASSES**

*Presented in partnership with Saint Luke's Health System,
the series returns after sold-out sessions last year*

Kansas City, MO – The Kauffman Center for the Performing Arts and Premier Partner Saint Luke's Health System announced today that the *Yoga at the Kauffman Center* series will continue this fall.

The popular series will return on Saturday, October 27 and Saturday, November 10, and guests can attend classes that suit their level of yoga experience. There will be two 60-minute sessions in Brandmeyer Great Hall each day, at 8:30 a.m. and 10:30 a.m. The early classes will feature an intermediate vinyasa flow while the late classes will focus on yoga foundations for beginners.

Participants will be activated in mind, body, and spirit as a Saint Luke's medical professional will kick off each session followed by a workout led by yoga instructors Stacey Knoell in October and Jesse Davis in November. Local artists Amado Espinoza and Karen Lisondra will provide relaxing instrumental accompaniment for the October classes, and handpan musician Rick Kloog will accompany the November yoga sessions.

Yoga at the Kauffman Center has become one of the hallmark events that the Kauffman Center and Premier Partner Saint Luke's Health System bring to the community. Since announcing their three-year partnership in November 2016, the two organizations continue to connect and engage Kauffman Center visitors in new, creative ways.

"We are thrilled to continue partnering with Saint Luke's on this unique program for the community," said Paul Schofer, President and CEO of the Kauffman Center for the Performing Arts. "Combining yoga and live music in Brandmeyer Great Hall creates an experience where guests can be active and engaged artistically."

Yoga at the Kauffman Center returns after sold out sessions in fall 2017 and spring 2018. With approximately 100 patrons in each class, many noted the unique and artistic atmosphere offered at these sessions. "Doing yoga with the lighting, windows, and architecture just add to an amazing experience. I was able to focus, relax, and get to be in a beautiful place during the yoga session," commented one patron.

Tickets for *Yoga at the Kauffman Center* will be \$18 per session, including fees, and will be available 10 a.m. Friday, August 24. Each ticket includes admission to one yoga session and a souvenir gift provided by Saint Luke's Health System. Attendees must bring their own yoga mat and will be asked to sign a waiver when they purchase a ticket to this event. Tickets will be available through the Kauffman Center Box Office at (816) 994-7222 or online at www.kauffmancenter.org.

[Click here to view images from a previous *Yoga at the Kauffman Center* class.](#)

ABOUT SAINT LUKE'S HEALTH SYSTEM

[Saint Luke's Health System](#) consists of 16 area hospitals and several primary and specialty care practices, and provides a range of inpatient, outpatient, and home care services. Founded as a faith-based, not-for-profit organization, the Saint Luke's mission includes a commitment to the highest levels of excellence in health care and the advancement of medical research and education. The health system is an aligned organization in which the physicians and hospitals assume responsibility for enhancing the physical, mental, and spiritual health of people in the metropolitan Kansas City area and the surrounding region.

ABOUT THE KAUFFMAN CENTER FOR THE PERFORMING ARTS

The Kauffman Center for the Performing Arts – a major not-for-profit center for music, opera, theater and dance designed by Moshe Safdie – opened in 2011. Serving as a cultural cornerstone for Kansas City and the region, the Kauffman Center delivers extraordinary and diverse performing arts experiences. Honored as one of the World's 15 Most Beautiful Concert Halls, the Kauffman Center attracts some of the world's most renowned performers and entertainers.

Through educational outreach programs and community enrichment, the Kauffman Center supports Kansas City as a cultural destination. More information on the Kauffman Center for the Performing Arts is available at kauffmancenter.org.

Visit the Kauffman Center's online press room for media resources, multimedia library, press release archive and more: kauffmancenter.org/about/press-room/

Follow the Kauffman Center on Facebook, Twitter and Instagram to get details about upcoming performances and behind-the-scenes access.



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