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SOUTH
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BEST of the BURBS

BEST YOGA

Bikram Yoga

910 W. 39th St., (816) 931-9642;
kansascitybikramyoga.com

Gone are the days of Jane Fonda workout videos and leg warmers. At Bikram Yoga in Kansas City, yogis are exposed to 100-degree temperatures to produce enough sweat to flush out bodily toxins. The intense 90-minute class practices 26 postures of increasing difficulty for maximum results – a glow that will last for days. Just make sure to drink enough water to prevent dehydration from kicking in when you're in tree pose.

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People & Culture

Body
& Nightlife