



THE HEALING CENTRE AT
THE HARMONY HOTEL

NOVEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am - 9am <u>Open Shala for Meditation*</u>	08:00am <u>Harmony Yoga</u> Heidi/Zac	08:00am <u>Harmony Yoga</u> Koko	08:00am <u>Harmony Yoga</u> Alix	7am - 9am <u>Open Shala for Meditation*</u>	08:00am <u>Harmony Yoga</u> <u>Live music with Jashanananda</u> Ireni	08:00am <u>Harmony Yoga</u> Heather
08:00am <u>Harmony Yoga</u> Gabbie	10:00am <u>Intermediate Vinyasa (L2-3)</u> Zac	10:00am <u>Alignment-Based Vinyasa Yoga (L2)</u> Heidi/Terra	10:00am <u>Intermediate Vinyasa (L2-3)</u> Terra	08:00am <u>Harmony Slow Flow</u> Zac	10:00am <u>Intermediate Vinyasa (L2-3)</u> Nicole Koch	10:00am <u>Intermediate Vinyasa (L2-3)</u> Zac
10:00am <u>Intermediate Vinyasa (L2-3)</u> Terra	10:30am <u>Body Rolling**</u> Roland (In the Shala)	12:00pm <u>Hatha Restore</u> Ireni	12:00pm <u>Aerial Yoga</u> Hayley	10:00am <u>Alignment-Based Vinyasa Yoga (L2)</u> Terra	12:00pm <u>Restorative</u> Jane	12:00pm <u>Breakthrough Breathwork</u> Ashley/Koko/Alix
12:00pm <u>Restorative</u> Zac	12:00pm <u>Aerial Yoga</u> Hayley		03:00pm <u>Open Heart & Open Hips</u> Cindy	12:00pm <u>Restorative Yoga</u> Natrishka	04:00pm <u>Yoga para la ComUNIDAD*</u>	
06:00 pm <u>Evening Flow (L2-3)</u> Gabriela	03:00pm <u>Yinfluence</u> Jane		06:00pm <u>Evening Flow (L2-3)</u> Andrea			
	06:00pm <u>Yoga Conditioning (L2)</u> Andrea					

Our classes are ALL LEVELS unless specified otherwise

L1-2: Some yoga experience recommended
L2-3: Intermediate to Advanced Yoga Practice

Classes are 90 min.

Harmony Yoga and Aerial Yoga 75min.

Please arrive 15min early to check in at reception

National rate with residence card \$8

Our daily yoga classes are \$15

Aerial Yoga \$20

*Complimentary

**\$10 suggested donation

Class Passes (valid for one year):
5 classes for \$60, 10 classes for \$120

For more information on yoga classes, special events or bodywork:

www.harmonynosara.com/relax/healing-centre
healingcentre@harmonynosara.com
yoga@harmonynosara.com - (506) 26824114

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CLASS DESCRIPTIONS

Harmony Yoga

Start the morning right. This class, taught by a different teacher each day, offers a unique opportunity for students to explore various approaches to Hatha Yoga. **All levels.**

Open Shala for Meditation*

A space for silence and reflection in our intimate screened Shala. Donations will be used to help Non-profit organizations.

Intermediate Vinyasa

An intentional flow class aimed to create and preserve wellness of the body and mind. In this class you will work on alignment, balance and muscle control. This class is fun, playful and includes inversions and arm balances. One year Yoga experience is recommended. **Level 2-3.**

Restorative Yoga

A practice that soothes and seduces your nervous system into an organic receptivity as well as pleasurable release. This process opens space for multidimensional healing and peace of mind. Props are used to support your body in this subtle and profound practice. Touch quiet, the natural sound of your spiritual heart.

All levels.

Evening Flow

Come join us for a juicy good flow to

end your day. This time of evening when the sun is setting is a sacred time known as the brahma muhurta. When the vibrations are slowing and stilling in preparation for nighttime.

Level 2-3.

Body Rolling**

Inspired from the teachings of: Body Rolling by Yamuna Zake, The M.E.L.T. method by Sue Hitzmann, The Roll Model by Jill Miller, and their mentors, as well the eastern healing art of QiGong blended into one eclectic mix. Led by Roland Aber, certified massage therapist, yogi, and dancer. Limit 5 students. **All levels.**

Aerial Yoga

Aerial Yoga provides a fun and challenging workout that allows you to stretch and strengthen without oversteering your joints or compressing your vertebrae. The key to Aerial Yoga is the hammock, a swath of silky fabric that acts as your support system. Using the hammock, you invert and hang suspended in the air. Some health restrictions might apply.

All levels.

(RSVP at the HC. Reception)

Yinfluence

A blend of Yin, Restorative & gentle yoga. A sequenced, mindful flow of long held postures that stretch and stimulate the body's deep connective

tissue. The ideal complement to dynamic muscular forms of yoga and fitness. Excellent for athletes, surfers and beginners. **All levels.**

Alignment Based Vinyasa

This class blends the Ashtanga and Iyengar traditions of yoga asana - embracing flow as well as stillness. We will practice moving mindfully through yoga poses with a focus on alignment, moving safely and intelligently and going inward. This will be a vigorous practice that will increase your strength, stamina and flexibility, with many opportunities given to challenge yourself as well as modify as needed. **Level 2.**

Hatha Restore

A gently paced class that deepens alignment of yoga asana, breath & core awareness by interweaving restorative work through self awakening yoga, therapeutics, and somatics using basic props. In the tradition of a Hatha practice that prepares one for deeper spiritual practices such as meditation, the class gradually enters into a gentle moving meditation and unwinds into stretching, and savasana. Enjoy a rejuvenating final rest with hands on bodywork. **All levels.**

Yoga Conditioning

This is a well balanced, core focused class combining Yoga asana and

athleticism, designed to build total body strength to support a vigorous practice. A strong class with focus on alignment and fluid vinyasa sequences to tone your body, boost stamina, improve flexibility and increase mind/body awareness. **Level 2.**

Open Heart/Open Hips

Using the breath to facilitate deep stretches, strong standing heart openers, simple inversions, and profound hip releases, you create an opportunity for deep energetic and emotional release. We work to untie the knots that have been created in our animal bodies with the hope of feeling more energized and happy!

All levels.

Yoga para la ComUNIDAD*

For the love of practice! This class, taught in Spanish by local Costa Rican teachers, offers a unique opportunity for students to explore various styles of Hatha Yoga. **All levels.**

Breakthrough Breathwork

A profound tool for transformation and healing on all levels—body, mind & spirit. It uses the ancient practice of circular, connected breathing. Breathwork is one of the purest and most effective techniques to release stress and tension, heal and resolve trauma, and awaken you to your true Being. **All levels.**

*Complimentary **\$10 suggested donation