



THE HEALING CENTRE AT  
THE HARMONY HOTEL

## DECEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>7:00am - 8:00am</b> <u>Meditation*</u> Jeff Warren 3rd, 10th Anton 17th, 24th, 31st</p> <p><b>8:15am</b> <u>Harmony Yoga</u> Stacy</p> <p><b>10:00am</b> <u>Intermediate Vinyasa (L2-3)</u> Terra</p> <p><b>12:00pm</b> <u>Core Restore</u> Jane</p> <p><b>2:00pm</b> <u>Vinyasa Flow (60 min)</u> Emily</p> <p><b>3:30pm</b> <u>Restorative</u> Zac</p> <p><b>6:00pm</b> <u>Breathwork &amp; Meditation</u> Koko</p>	<p><b>7:00am</b> <u>Intermediate Vinyasa (L2-3)</u> (in the Shala - 60 min) Emily</p> <p><b>8:15am</b> <u>Harmony Yoga</u> Alix</p> <p><b>10:00am</b> <u>Open Heart &amp; Open Hips</u> Cindy</p> <p><b>11:30am</b> <u>Body Rolling**</u> (in the Shala) Roland (6 pax max)</p> <p><b>12:00pm</b> <u>Aerial Yoga</u> Hayley (12 pax max)</p> <p><b>2:00pm</b> <u>Vinyasa Flow (60 min)</u> Andrea</p> <p><b>3:30pm</b> <u>Advanced Restore</u> Jane (15 pax max)</p> <p><b>6:00pm</b> <u>Evening Flow</u> Ariana</p>	<p><b>7:00am - 8:00am</b> <u>Meditation*</u> Jeff Warren 5th, 12th</p> <p><b>7am - 8am</b> <u>Aknanda QiGong</u> Bharu 19th, 26th</p> <p><b>8:15am</b> <u>Harmony Yoga</u> Koko</p> <p><b>10:00am</b> <u>Alignment-Based Vinyasa (L2)</u> Terra</p> <p><b>12:00pm</b> <u>Restorative</u> Natrishka</p> <p><b>2:00pm</b> <u>Vinyasa Flow (60 min)</u> Robert</p> <p><b>3:30pm</b> <u>Yoga Nidra</u> Heather</p> <p><b>6:00pm</b> <u>Evening Flow</u> Andrea</p>	<p><b>7:00am</b> <u>Intermediate Vinyasa (L2-3)</u> (in the Shala - 60 min) Emily (8 pax max)</p> <p><b>8:15am</b> <u>Harmony Yoga</u> Vanessa</p> <p><b>10:00am</b> <u>Alignment-Based Vinyasa (L2)</u> Stacy</p> <p><b>12:00pm</b> <u>Aerial Yoga</u> Hayley (12 pax max)</p> <p><b>2:00pm</b> <u>Open Heart &amp; Open Hips (60 min)</u> Cindy</p> <p><b>3:30pm</b> <u>Advanced Restore</u> Jane (15 pax max)</p> <p><b>6:00pm</b> <u>Breathwork &amp; Restorative</u> Alix</p>	<p><b>7:00am - 8:00am</b> <u>Meditation*</u> Jeff Warren 7th, 14th Anton 21st, 28th</p> <p><b>8:15am</b> <u>Harmony Yoga</u> Terra</p> <p><b>10:00am</b> <u>Intermediate Vinyasa (L2-3)</u> Zac</p> <p><b>12:00pm</b> <u>Restorative</u> Natrishka</p> <p><b>2:00pm</b> <u>Vinyasa Flow (60 min)</u> Emily</p> <p><b>3:30pm</b> <u>Aknanda QiGong</u> (begins Dec 14th)</p> <p><b>6:00pm</b> <u>Special Events***</u></p>	<p><b>7:00am</b> <u>Self Awakening Yoga (in the Shala)</u> Robert (8 pax max)</p> <p><b>8:15am</b> <u>Harmony Yoga</u> Stacy</p> <p><b>10:00am</b> <u>Moon Salutations Vinyasa (L1-2)</u> Heather</p> <p><b>12:00pm</b> <u>Restorative</u> Zac</p> <p><b>4:00pm</b> <u>Yoga para la ComUNIDAD*</u> en Español</p>	<p><b>8:15am</b> <u>Harmony Yoga</u> Heather</p> <p><b>10:00am</b> <u>Intermediate Vinyasa(L2-3)</u> Zac</p> <p><b>12:00pm</b> <u>Breathwork</u> Alix/Koko</p> <p><b>2:00pm</b> <u>Workshop***</u></p>

**Our daily yoga classes are:**  
 \$15 regular classes  
 \$20 Advanced restore  
 \$25 aerial class  
 \*Complimentary Class  
 \*\*\$10 suggested donation  
 \*\*\*Check flyers for special events and workshops  
 Inquire about our class passes with reception

**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**

**For more information on yoga class descriptions, master classes/workshop programs or bodywork:**  
[www.harmonynosara.com/relax/healing-centre](http://www.harmonynosara.com/relax/healing-centre)  
[yoga@harmonynosara.com](mailto:yoga@harmonynosara.com)

**Follow us on Instagram:** [harmonyhealingcentre](https://www.instagram.com/harmonyhealingcentre)  
**and FB:** [www.facebook.com/healingcentrenosara](https://www.facebook.com/healingcentrenosara)



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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.

### 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/Meditation/Breathwork

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**

### 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**

### Aerial Yoga

Aerial Yoga provides a fun and challenging workout that allows you to stretch and strengthen without overstressing 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**  
(Please sign up in advance at the HC.)

### Vinyasa Flow/Evening Flow

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**

### Core Restore

A unique practice designed to activate and integrate your core physically and emotionally. First strengthen your center with targeted exercises, then drop into restorative poses to balance the belly and brain. Based on cutting edge science. **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**

### 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. **All levels**  
Limit 6 students. First come first served.

### 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**

### Self Awakening Yoga

This unique experience is designed to awaken awareness towards the self and help the student to re-align body, mind and spirit in an almost effortless way. Gentle movement sequences in combination with mindful breathing invite the student to evolve a new connection with thoughts, feeling and emotions. **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. Complimentary. **All levels**

### Yoga Nidra

Yoga Nidra is the slow introduction of a meditative or lucid dreaming state through guided instruction. A simple and graceful practice to reduce anxiety and connect to the present moment. **All levels**

### Moon Salutations

Take your linear vinyasa practice sideways on the mat with Moon Salutations, known in Sanskrit as Chandra Namaskara. This practice is grounding and opening. A minimum of basic yoga experience is suggested. **Level 1-2**

### Advanced Restore

In this class you will experience fewer poses, for longer holds with the use of yoga chairs for profound support in inversions. This is a place for more silence and is suitable for anyone ready to “go deeper” and touch that quiet-point. Class is sealed with a seated meditation offering grounded integration at the end of the practice.

### Aknanda QiGong

QiGong is a Healing art that come from Traditional Chinese Medicine, and internal buddhist & daoist arts. Aknanda Method QiGong teaches techniques that generate healthy physical, emotional and spiritual conditions. The practice is a balanced combination of poses, rhythmic movement, breathing techniques, meditations and a strong focused spirit.

\*Complimentary \*\*\$10 suggested donation