



THE HEALING CENTRE AT
THE HARMONY HOTEL

JANUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:00am Meditation (60 min) Anton 7th & 14th Lauren 21th & 28th</p> <p>8:15am Harmony Yoga Stacy</p> <p>10:00am Intermediate Vinyasa (L2-3) Terra</p> <p>12:00pm Core Restore Jane</p> <p>2:00pm Vinyasa Flow (60 min) Emily</p> <p>3:30pm Restorative Zac</p> <p>6:00pm Breathwork & Meditation Koko</p>	<p>7:00am Intermediate Vinyasa (L2-3) (60 min) Emily</p> <p>8:15am Harmony Yoga Alix</p> <p>10:00am Open Heart & Open Hips Cindy</p> <p>11:30am Body Rolling** (in the Shala) Roland (6 pax max)</p> <p>12:00pm Aerial Yoga Hayley (12 pax max)</p> <p>2:00pm Vinyasa Flow (60 min) Andrea</p> <p>3:30pm Advanced Restore Jane (14 pax max)</p> <p>6:00pm Evening Flow Ariana</p>	<p>7:00am Aknanda QiGong (60 min) Bharú</p> <p>8:15am Harmony Yoga Koko</p> <p>10:00am Intermediate Vinyasa (L2-3) Emily</p> <p>12:00pm Restorative Natrishka</p> <p>2:00pm Vinyasa Flow (60 min) Robert</p> <p>6:00pm Evening Flow Andrea</p>	<p>7:00am Intermediate Vinyasa (L2-3) (60 min) Emily</p> <p>8:15am Harmony Yoga Vanessa</p> <p>10:00am Alignment-Based Vinyasa (L2) Stacy</p> <p>12:00pm Aerial Yoga Hayley (12 pax max)</p> <p>2:00pm Open Heart & Open Hips (60 min) Cindy</p> <p>3:30pm Advanced Restore Jane (14 pax max)</p> <p>6:00pm Breathwork & Restorative Alix</p>	<p>7:00am Meditation (60 min) Anton 4th & 11th Jashan 18th & 25</p> <p>8:15am Harmony Yoga Terra</p> <p>10:00am Intermediate Vinyasa (L2-3) Zac</p> <p>12:00pm Restorative Natrishka</p> <p>3:30pm Aknanda QiGong Bharú</p> <p>6:00pm Special Events***</p>	<p>7:00am Self Awakening Yoga (60 min) Robert</p> <p>8:15am Harmony Yoga with Live Music Lori</p> <p>10:00am Moon Salutations Vinyasa (L1-2) Heather</p> <p>12:00pm Restorative Zac</p> <p>4:00pm Yoga para la ComUNIDAD* en Español</p>	<p>8:15am Harmony Yoga Heather</p> <p>10:00am Intermediate Vinyasa(L2-3) Zac</p> <p>12:00pm Breathwork Alix/Koko</p> <p>2:00pm Workshop***</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

Classes are 90 min.
Harmony Yoga and Aerial Yoga 75min.

For more information on yoga class descriptions, master classes/workshop programs or bodywork:
www.harmonynosara.com/relax/healing-centre
yoga@harmonynosara.com

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

Please arrive 15min early to check in at reception

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

Limit 6 students. First come first served.

All levels

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**

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.