



THE HEALING CENTRE AT
THE HARMONY HOTEL

MARCH SCHEDULE

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

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
yoga@harmonynosara.com

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



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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. Please note this is a space for your personal practice, there will be no instructor guiding you.

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.**

Mindful Vinyasa

In this class we explore the connection between body, mind and breath using a combination of alignment and meditative practice in action. Using traditional asana and exploratory movement to cultivate the quality of curiosity, dynamics of meditation and pranayama in flow. One of the key components of mindful vinyasa is to become more aware of how we hold habitual tension, exploring how we can cultivate relaxation in action. This class is playful and informative. **All levels.**

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

CLASS DESCRIPTIONS

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.