



THE HEALING CENTRE AT
THE HARMONY HOTEL

JUNE SCHEDULE

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

Our daily yoga classes are:
 \$15 regular classes
 \$25 Aerial Yoga
 *Complimentary Class
 **\$10 suggested donation

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
healingcentre@harmonynosara.com

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

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

Please arrive 15min early to check in at reception



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

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.

Yin/yin

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 compliment to dynamic muscular forms of yoga and fitness. Excellent for athletes, surfers and beginners.

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. (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 1-2.

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.**

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.

Open Heart/Open Hips

The practice of Open Heart & Open Hips is designed to bring joy and peace to our beings by using the breath to facilitate deep heart and hip releases, strong standing heart and hip openers, and conscious inversions. The class provides you with an understanding of theories behind heart and hip opening as well as tools to tap into your physical, energetic and emotional bodies with mindfulness and self love.

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.