



THE HEALING CENTRE AT
THE HARMONY HOTEL

MAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am <u>Open Shala for Meditation*</u>	8:15am <u>Harmony Yoga</u> Alix / Lori	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> Vanessa
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>Intermediate Vinyasa (L2-3)</u> Lori	10:00am <u>Intermediate Vinyasa(L2-3)</u> Zac
10:00am <u>Intermediate Vinyasa (L2-3)</u> Terra	12:00pm <u>Yinfluence</u> Monica	10:00am <u>Intermediate Vinyasa (L2-3)</u> Lori	12:00pm <u>Aerial Yoga (12pax max)</u> Hayley	10:00am <u>Intermediate Vinyasa (L2-3)</u> Zac	12:00pm <u>Restorative</u> Zac	12:00pm <u>Breathwork</u> Alix / Koko
12:00pm <u>Restorative</u> Zac	2:00pm <u>Vinyasa Flow (60 min)</u> Andrea	12:00pm <u>Restorative</u> Natrishka	2:00pm <u>Open Heart Open Hips (60 min)</u> Cindy	12:00pm <u>Restorative</u> Natrishka	4:00pm <u>Yoga para la ComUNIDAD* en Español</u>	2:00pm <u>Workshop***</u>
2:00pm <u>Open Heart & Open Hips (60 min)</u> Cindy		3:30pm <u>Energy Cultivation</u> Todd		2:00pm <u>Vinyasa Flow (60 min)</u> Andrea		
3:30pm <u>Energy Cultivation</u> Todd						

Our daily yoga classes are:
 \$15 regular classes
 \$25 Aerial Yoga
 *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



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.**

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 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 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.**

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. **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. Complimentary.

All levels.

Energy cultivation

This class combines a variety of energy practices and techniques from Qigong, Tai Chi and Hermetics coming from China and Ancient Egypt. Hermetics is the study of universal law - also known as 'Magic.' Qigong means 'energy work.' This practice is profound and unique, we will learn how to effectively use our body, mind and energy to influence ourselves and our surroundings.