



THE HEALING CENTRE AT  
THE HARMONY HOTEL

**AUGUST - SEPTEMBER 15th SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:30am</b> <u>Open Shala for Meditation</u>	<b>8:15am</b> <u>Harmony Yoga</u> Ariana	<b>7:30am</b> <u>Open Shala for Meditation</u>	<b>8:15am</b> <u>Harmony Yoga</u> Vanessa	<b>7:30am</b> <u>Open Shala for Meditation</u>	<b>8:15am</b> <u>Harmony Yoga</u> Vanessa	<b>8:15am</b> <u>Harmony Yoga</u> Robert
<b>8:15am</b> <u>Harmony Yoga</u> Robert	<b>10:00am</b> <u>Open Heart &amp; Open Hips</u> (L1-2) Cindy	<b>8:15am</b> <u>Harmony Yoga</u> Alix	<b>10:00am</b> <u>Intermediate Vinyasa</u> (L2-3) Lori	<b>8:15am</b> <u>Harmony Yoga</u> Cindy	<b>10:00am</b> <u>Intermediate Vinyasa</u> (L1-2) Lori	<b>10:00am</b> <u>Intermediate Vinyasa</u> (L2-3) Zac
<b>10:00am</b> <u>Intermediate Vinyasa</u> (L2-3) Lori	<b>11:30am</b> <u>Body Rolling</u> (in the Shala) Roland (6 pax max) (only for August)	<b>10:00am</b> <u>Intermediate Vinyasa</u> (L2-3) Lori	<b>12:00pm</b> <u>Restorative</u> Robert	<b>10:00am</b> <u>Intermediate Vinyasa</u> (L2-3) Zac	<b>12:00pm</b> <u>Restorative</u> Zac	<b>12:00pm</b> <u>Breathwork</u> Alix / Amy
<b>12:00pm</b> <u>Restorative</u> Zac	<b>12:00pm</b> <u>Restorative Yin</u> Jane	<b>12:00pm</b> <u>Restorative</u> Alix	<b>2:00pm</b> <u>Open Heart &amp; Open Hips</u> (60 min) Cindy	<b>12:00pm</b> <u>Restorative</u> Alix	<b>4:00pm</b> <u>Yoga para la ComUNIDAD*</u> en Español	
<b>2:00pm</b> <u>Open Heart &amp; Open Hips</u> (60 min) Cindy	<b>2:00pm</b> <u>Vinyasa Flow</u> (L1-2) (60 min) Angela	<b>2:00pm</b> <u>Vinyasa Flow</u> (L1-2) (60 min) Robert	<b>3:30pm</b> <u>Open Studio for personal practice</u>	<b>2:00pm</b> <u>Kundalini Yoga</u> (60 min) Angela		
<b>6:00pm</b> <u>Evening Flow</u> (L1-2) Ariana	<b>3:30pm</b> <u>Open Studio for personal practice</u>	<b>6:00pm</b> <u>Evening Flow</u> (L1-2) Ariana				

**Our daily yoga classes are:**  
\$15 regular classes  
  
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 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)  
[healingcentre@harmonynosara.com](mailto:healingcentre@harmonynosara.com)

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

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.**

### Restorative Yin

Deep stretching through the long held postures of Yin yoga, and the signature regenerative deep rest of Restoratives, this class combination is a perfect fit for all ages and bodies. **All levels.**

### 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.**

### 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

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. **All levels.**

### Kundalini Yoga

Inspired style of yoga with fun music, heart and soul. Every class is unique and different. Learn how to apply the techniques of Kundalini yoga off your mat in order to more consistently live from a place of joy, alignment, ease and freedom. No previous yoga experience necessary.