



THE HEALING CENTRE AT
THE HARMONY HOTEL

MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45' 7:00am	Open Shala for Meditation Alix		Open Shala for Meditation		Open Shala for Meditation		
75' 8:15am	Harmony Yoga Alix	Harmony Yoga Cindy	Harmony Yoga Julián	Harmony Yoga Vanessa	Harmony Yoga Heather	Harmony Yoga with live music Rebecca	Harmony Yoga Robert
90' 10:00am	Intermediate Vinyasa (L 2-3) Lori	Intermediate Vinyasa (L 2-3) Emily	Mindful Vinyasa (L 1-2) Angela	Intermediate Vinyasa (L 2-3) Rebecca	Intermediate Vinyasa (L 2-3) Zac	Intermediate Vinyasa (L 2-3) Lori	Intermediate Vinyasa (L 2-3) Zac
90' 12:00pm	Restorative Zac	Restorative Alix	75' Aerial Yoga Hayley (12 pax max)	Restorative Natriska	Restorative Natrishka	Restorative Zac	Breathwork Alix
60' 2:00pm	Vinyasa Flow (L 1-2) Emily	Vinyasa Flow (L 1-2) Robert	Vinyasa Flow (L 1-2) Andrea	Vinyasa Flow (L 1-2) Emily	Vinyasa Flow (L 1-2) Andrea	Open Heart Open Hips Cindy	60' 2:30pm Vinyasa Flow (L 1-2) Rebecca
90' 3:30pm		60' Qigong Bharú	Restorative Robert	60' Qigong Bharú			
75' 6:00pm		Evening Flow (L 1-2) Julián				75' 4:00pm Yoga para la ComUNIDAD en Español	

PLEASE ARRIVE 15MIN EARLY TO CHECK IN AT RECEPTION

Our classes are ALL LEVELS unless specified otherwise
L 1-2: Some yoga experience recommended
L 2-3: Intermediate to Advanced Yoga Practice

FOR MORE INFO ON YOGA CLASS AND BODYWORK:

🌐 www.harmonynosara.com
✉ healingcentre@harmonynosara.com
📱 [healingcentrenosara](https://www.facebook.com/healingcentrenosara) 📷 [harmonyhealingcentre](https://www.instagram.com/harmonyhealingcentre)

PRICES:

\$17 Regular classes
\$28 Aerial yoga
Inquire about our class passes with reception

To ensure the highest quality experience for all, each yoga class is limited to 20 people. We recommend arriving 20 minutes before class starts.

CLASS DESCRIPTION

Open Shala for Meditation

Open Shala for Meditation
A space for silence and reflection in our intimate Shala.

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.**

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.**

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.

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.)

Qigong

Qi Gong, Aknanda Method is a mind-body training that integrates movements, postures, breathing and awareness. A real meditation in movement, an art that strengthens your health, promotes longevity and inner peace. Aknanda QiGong Method, brings a way to self mastery, sowing a Zen attitude and deep recognition of the energy power and its capacities for movement, healing and

transformation. The unity of body, mind, and spirit.

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.**

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.**

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.**

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.**

Yoga para la ComUNIDAD

For the love of practice! This class taught in Spanish by local teachers, offers a unique opportunity for students to explore various styles of Hatha Yoga. **All levels.**