



harmony yoga  
MINDSTRONG BODYSTRONG  
redondo beach ca

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## BACKGROUNDER

### A heritage of serving the community – the Inspiration

Najla Barile is the owner and director of Harmony Yoga. Najla's family has had businesses in Redondo Beach for more than 100 years – from running the first dry cleaners in the South Bay to having the #1 rated yoga studio in the South Bay – “We have gone from helping you look great; to helping you feel great.”

In 1905, Najla's grandfather William Coury, started a dry cleaning company called French Method Cleaning. It was the first dry cleaner in the south bay. He would pick up and deliver customer's cleaning in a horse and buggy. His deliveries would reach as far as Los Angeles. In time, my grandfather opened up several more dry cleaners two in south Redondo, one in Hermosa Beach, one in Manhattan Beach, and one in El Segundo. He wanted to establish his business to be a reflection of his family, so in 1907, he renamed his business Coury and Son Cleaners.

Najla's father, Raymond William Coury was born in Torrance Hospital (which no longer exists) in 1932. Grew up in Redondo Beach and graduated from Redondo Union High School and El Camino Junior College where he received an AA.

Najla's father joined the family dry cleaning business in 1956. In 1959, her Grandfather opened two more cleaners: 1232 Beryl Avenue and 1 on Pier Avenue in Hermosa Beach.

After her grandfather passed away the business went to her father and his 4 siblings. All four Coury brothers worked in the business and in 1990 they decided to sell the business.

To this day, the store on Beryl is still called Coury and Son Cleaners.

Najla's father continued to work in Redondo Beach and in 1990, started Rayson Window Coverings. Her father retired in 2010 and passed the business over to her brother.

Some of Najl's fondest memories are hanging out with her father at their cleaners in the 1980's and remembering what a friendly atmosphere there was – “people would come and bring donuts and coffee and just want to hang out with my dad and his brothers and they would talk and share stories.”

Police officers would bring in their uniforms and would get their dry-cleaning for free. It was a different time. People weren't so rushed, and the atmosphere was very inviting. Najla remembers once a homeless man came to the cleaners and was asking for money. “My father went to the coffee shop next door and bought him a sandwich. That was the way our family was and how we were raised to be – generous and hospitable.”

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Najla's father is a very funny guy and still loves to tell stories and talk about "back in the day" ... running a business in Redondo Beach. Her father has been very supportive of Najla being a business owner in Redondo Beach and is the standard she sets for herself each and every day

## **About Harmony Yoga**

### **The Harmony Way: Breath & Movement**

Vinyasa Flow is a practice of breath and movement. The various standing postures create balance, flexibility, and strength. The breath, or "prana," is connected and linked together with the movements in a progressive nature which ultimately heats, lengthens, strengthens, tones, purifies and stimulates every muscle and organ in the body.

Vinyasa yoga is a practice of wisdom in action where the practitioners learn to move without forcing themselves and begin to listen intuitively to the body, going with it rather than against it.

### **Classes:**

#### *Hatha Yoga*

Great for the new yoga student or if you prefer a slower paced class. Hatha yoga is the most widely practiced form of yoga in America. Hatha yoga uses bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Hatha yoga works to make the spine supple and to promote circulation in all the organs, glands and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

#### *Intro to Vinyasa*

Learn the basics of the Vinyasa style of yoga. This class is suitable for the beginner or people who want a slower paced class. Receive precise alignment instruction and hands on adjustments to become a well-seasoned yoga practitioner. This class utilizes the use of props.

#### *Harmony Deep Flow*

Develop the art of transitioning from one pose to the next in a seamless flow. Deepen your practice through precise alignment instruction and longer holds. Get deep into those tight muscles and restrictive joints through a slower paced class. This class is suitable for all levels of practice and the newer student.

#### *Harmony Vinyasa*

Our signature style class incorporates movement, breath and alignment. This class has it all smooth transitions, deep holds and powerful sequencing. Travel through distinct postures while flowing through seamless transitions. . Our HYV style is open to all levels of Vinyasa students.

#### *Yin Yoga Classes*

Stretch, unwind and relax with Yin Yoga.

For more information, visit [www.harmonyyoga.com](http://www.harmonyyoga.com)