



harmony yoga
MINDSTRONG BODYSTRONG
redondo beach ca

CONTACT:
Najla Barile
(310) 379-6905

FACT SHEET

Ownership June 2011

Change:

Ownership: Owned and operated by Najla Barile

Address: 901A North Pacific Coast Hwy, Suite #100
Redondo Beach, CA 90277

Telephone: (310) 379-6905

Hours: *Monday thru Friday*
First classes begin at 7:45 AM or 7:30 AM (refer to schedule)
Last classes begin at 6:30 PM

Saturday
First classes begin at 9:00 AM
Last classes begin at 12:45 PM

Sunday
First classes begin at 8:30 AM
Last classes begin at 6:00 PM

Najla's Vision: *"First and foremost about finding and maintaining the three "H's" - Health, Happiness and Harmony."*

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.

Classes:
(cont)

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 that 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.

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 upon themselves and begin to listen intuitively to the body, going with it rather than against it.

Teacher Instruction:

This comprehensive 12-week program will help you develop the skills necessary to empower yourself mentally, physically and spiritually. This will be a total of 180 classroom hours. To enhance your experience you will spend the remaining hours completing homework assignments, practice teaching with fellow trainees, observing and assisting classes. Upon completion of the training you will be able to apply for your 200 hour certification as a registered yoga teacher (RYT200)

Prerequisites:

- Participating in the whole process of this training; self-study, homework and personal dedication.
- Willingness to participate in the group experience
- Open to receiving feedback and giving feedback skillfully
- Minimum of 1 year of regular practice recommended
- All Levels of practice and flexibility are welcome to participate

Parking:

Parking is available in the center.