



harmony yoga

MINDSTRONG BODYSTRONG  
redondo beach ca

## THE SOUTH BAY'S HARMONY YOGA – 105 YEARS IN THE MAKING

*From the First Dry Cleaners in 1910 to the South Bay's #1 Voted Yoga Studio --  
Harmony Yoga's Najla Barile is the Third Generation of Her Family to Serve the Community of Redondo Beach*

REDONDO BEACH, California — [Harmony Yoga](#), the #1 voted yoga studio in the South Bay, is the product of more than 100 years of entrepreneurship and service to Redondo Beach and South Bay residents. Najla Barile's (the owner and director of Harmony Yoga) family has had businesses in Redondo Beach for more than 100 years – from the first dry cleaners in the South Bay to now having the #1 rated yoga studio in the South Bay – “We have gone from helping you look great; to helping you feel great, explains, Barile.”

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

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, her grandfather opened up several more dry cleaners, 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 grew up in Redondo Beach and joined the family dry cleaning business in 1956. In 1959, her Grandfather opened two more cleaners: 1232 Beryl Avenue and one on Pier Avenue in Hermosa Beach.

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

Some of Najla'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.” “It is an honor to be able to serve the Redondo Beach community, just as my family has done for the past 100 years, by being generous and hospitable.”

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**About Harmony Yoga:**

[Harmony Yoga](#) practice foundation is *Breath & Movement* through Vinyasa Flow, which 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. Harmony Yoga offers classes seven days a week for all levels of students. A current schedule of all their classes can be found on their web site at [www.harmonyyoga.com](http://www.harmonyyoga.com) Harmony Yoga is located in Redondo Beach, California.

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