

Hatha Yoga:

Hatha Yoga is a form that is slow and soft and focuses on simple postures and movements. There are different variations of the definition of Hatha Yoga. Some know it as "Yoga for Strength", others as "Has the sun / moon, masculine / feminine" and therefore there is an integration, a joining of opposites.

Most important in any style of Yoga is to unite mind and body, to achieve better concentration, balance and harmony.

Hatha Yoga is one of the most popular and recognized style of yoga in the Western world. Its practice, with exercises to stretch the body and reduce stress, leads to a better quality of life, full of vitality .

Benefits of practicing Yoga:

The practice of yoga helps with flexibility, balance, improves circulation, strengthens and lengthens muscles. It also works on the nervous system through breathing and relaxation.

With the practice of Yoga it is possible to understand how our body works and what is needed for balance and harmony, giving you the opportunity to increase energy levels, relieve stress, relax, stretch, breathe, move, strengthen and tone. Express yourself!

Meditation / Dhyana:

It is a state of relaxation in the body and mind which allows you to achieve harmony and new energy. The idea is to quiet the mind and relax the body, lowering blood pressure and the resting heart rate, which helps the body recover from stress and worry.

Furthermore, meditation helps develop better concentration and enhance your perceptions, enabling you to feel better and ready to face the challenges of life, and achieving inner peace.



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50 meters South of
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Class Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00 - 9:00		Beginners				
10:00 - 11:00	Beginners	Vinyasa	Beginners	Vinyasa	Beginners	Vinyasa
4:30 - 5:30	Beginners	Vinyasa	Beginners	Vinyasa	Beginners	Vinyasa
6:30 - 7:30	Vinyasa	Beginners	Vinyasa	Beginners	Vinyasa	Beginners
7:45 - 8:00		Meditation		Meditation		

Prices:

- Single class - 4,000 colones
- 5 - Class Package - 17,500 colones (3,500 per class)
- 10 - Class Package - 30,000 colones (3,000 per class)

Notes:

- Cash payment only
- All classes are 1 hour in length
- Please arrive 10 minutes before the scheduled time, classes will start on time

Beginners: We learn and begin to understand more about the culture of Yoga. We learn how to correctly perform the movements and the stretching postures, breathing, also the name of the poses. Beginners classes are for 7 consecutive weeks. Every two weeks a new beginner's class will start (at a different time or day).

Vinyasa: The basic poses are performed, and new poses are gradually added in a sequence coordinated with our breathing. This allows for receiving the true benefits of Yoga. It is ideal for people who already have knowledge of the positions or want to resume the practice and feel comfortable with the names of the postures. Your practice will become more dynamic and fluid.

Meditation: Free. For all those who wish to attend.

All classes end with a relaxation that allows us think about our energy and the progress we made during our practice

Information for a yoga class:

- Cool clothes, close fitting, but not so tight that they do not allow easy movement.
- Please remove your shoes and turn off your phone upon entering the studio.
- If you have a health problem, consult your doctor about the practice and tell the instructor.
- Drink plenty of water, preferably before and after, rather than during class.
- Don't eat a large meal at least three hours before or one hour after class.
- Do not wear perfume.
- Do not rush into positions. Do them slowly, quietly.
- Don't strain yourself, do the position according to your own capabilities. With practice you will be able to achieve more.
- If you experience any severe pain or muscle strain, do not make any sudden movements. Breathe slowly and undo the position, then go to the child's posture.
- **Very important: Yoga is not competitive.**