

fall 2013 schedule

SEPTEMBER 8–DECEMBER 19
(no classes on Thanksgiving, Oct 13 & 14)



LYNN WYLIE-
HELGA BEER
YOGA STUDIO

We have been teaching in Victoria for over 20 years and created this studio to provide a tranquil space where yoga classes give you the opportunity to move and breathe with more ease, and to notice your habitual patterns of living.

Each yoga class is an invitation to explore how direct experience awakens and reveals some knowing in you, encouraging a deeper connection with your body, yourself, and others.

THURSDAY

9:30am–11am 15 wk
(or 8 wk + 7 wk)

Beginner–Mixed | Helga

4pm–5:30pm 15 wk
(or 8 wk + 7 wk)

Gentle Yoga | Helga

5:45pm–7:15pm 15 wk
(or 8 wk + 7 wk)

Beginner–Mixed | Helga

7:30pm–9pm 15 wk
(or 8 wk + 7 wk)

Pre-Natal Yoga | Helga

Above classes: Sept 12 to Dec 19

4pm class is best for students with physical limitations or chronic pain.

WEDNESDAY

10am–11:30am 14 wk
Mixed | Lynn

5:30pm–7pm 14 wk
Mixed–Experienced | Lynn

Above classes: Sept 11 to Dec 11

Late joining a series is welcome; cost is pro-rated for new students.



TUESDAY

9:30am–11am 15 wk
(or 8 wk + 7 wk)

Mixed | Helga

11:15am–12:45pm 15 wk
(or 8 wk + 7 wk)

Mom & Baby Yoga | Helga

5pm–6:30pm 15 wk
(or 8 wk + 7 wk)

Pre-Natal Yoga | Helga

6:45pm–8:15pm 15 wk
(or 8 wk + 7 wk)

Mixed | Helga

Above classes: Sept 10 to Dec 17

Pre-natal classes feature gentle postures and breath-work (experience in yoga is not necessary).

MONDAY

10am–11:30am 13 wk
Mixed–Experienced | Lynn

Lynn

5:30pm–7pm 13 wk
Mixed | Lynn

Above classes: Sept 9 to Dec 9

SUNDAY

10:30am–noon 14 wk
Beginner–Mixed | Misha

Misha

12:15pm–1pm (drop in)
Yoga Nidra | Misha

Above classes: Sept 8 to Dec 15

Yoga Nidra, or “yogic sleep,” is a conscious, deep meditative state, for relaxation and subtle self inquiry.



LYNN WYLIE-HELGA BEER
YOGA STUDIO (250) 370-0464

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“practice is perfect”

–Morita

hatha yoga



LYNN WYLIE-HELGA BEER YOGA STUDIO

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PRICING

15-week registration	\$202.50
14-week registration (Lynn)	\$203.00
13-week registration (Lynn)	\$188.50
14-week registration	\$189.00
8-week registration	\$108.00
7-week registration	\$94.50
Drop-in class	\$16/\$15
Drop-in for registered students attending additional classes	\$14.50/\$13.50
Drop-in for Yoga Nidra (45 minutes)	\$10
Introductory class	\$10
Private class (75 minutes)	\$75
Deposit for pre-registration	\$25

All prices include GST.

DISCOUNTS

Students and Seniors pay \$1 less per class.
Two or more classes a week: 15% discount.

POLICIES

Missed classes can be made up during the term or
bring a friend. Late joining a series: cost is pro-rated
for new students. Drop-in students are welcome,
space permitting. There are no refunds.

*Our studio is a center for the practice of movement and hatha
yoga that cultivates awareness and encourages each individ-
ual's personal growth, while honouring the tradition of the
practice and preserving the simplicity of the discipline.*

WORKSHOPS *(pre-registration required)*

SEPTEMBER

3-5 | Fall Intensive—A Deepening
Tues-Thurs, 9:30am-noon, \$105/
\$40 per day. Everyone welcome. *Lynn Wylie*

28 | Family/Systemic Constellation
Sat 9:30am-1pm, \$40. *Helga Beer*

OCTOBER

19 | Yoga & Ball Rolling (small ball)
Sat 9:30am-12:30pm, \$40 half day.
Helga Beer

26 | Movings for a Healthy Back
Sat 10am-noon, \$35. *Lynn Wylie*

Oct 21, 28, Nov 4 | Constructive Living
(3 Monday evenings of Zen and
Shinshu Buddhist psychology)
Working with emotions, purposeful
living, our racing mind, attitude,
boundaries. Mon 7-9:30pm, \$90;
\$35 per evening (venue TBA, not at
studio). *Helga Beer*

NOVEMBER

30 | Family & Chakra Constellation
Sat 9:30am-2pm, \$45. *Helga Beer*