

spring 2014 schedule

APRIL 1–JUNE 22

No classes Easter or
Victoria Day Weekend (May 17–19)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:30am–noon 10 wk <i>Mixed Misha</i>	10am–11:30am 8 wk <i>Mixed–Experienced Helga</i>	9:30am–11am 12 wk <i>Mixed Helga</i>	10am–11:30am 10 wk <i>Mixed Misha</i>	9:30am–11am 12 wk <i>Beginner–Mixed Helga</i>
12:15pm–1pm (drop in) <i>Yoga Nidra Misha</i>	Above classes: Apr 7 to June 9.	11:15am–12:45pm 12 wk (or 8 wk) <i>Mom & Baby Yoga Helga</i>	Above class: Apr 9 to June 11.	4pm–5:30pm 12 wk <i>Gentle Yoga Helga</i>
Above classes: Apr 6 to June 22.		5pm–6:30pm 12 wk (or until due-date) <i>Pre-Natal Yoga Helga</i>	Late joining a series is welcome; cost is pro-rated for new students.	5:45pm–7:15pm 12 wk <i>Beginner–Mixed Helga</i>
<i>Yoga Nidra, or “yogic sleep,” is a conscious, deep meditative state, for relaxation and subtler self inquiry.</i>		6:45pm–8:15pm 12 wk <i>Mixed Helga</i>		7:30pm–9pm 12 wk (or until due-date) <i>Pre-Natal Yoga Helga</i>
		Above classes: Apr 1 to June 17.		Above classes: Apr 3 to June 19.
		<i>Pre-natal classes feature gentle postures and breath-work (experience in yoga is not necessary).</i>		<i>4pm class is best for students with physical limitations or chronic pain.</i>

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

www.helgabeeryoga.com
hbeer@highspeedplus.com

LYNN WYLIE–
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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.*

“effort is good fortune”

–Morita

hatha *yoga*



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Victoria, BC Canada V8R 2B6

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PRICING

12-week registration	\$162.00
10-week registration	\$135.00
8-week registration	\$108.00
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 12% HST

DISCOUNTS

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 hatha yoga that cultivates awareness and encourages each individual's personal growth, while honouring the tradition of the practice and preserving the simplicity of the discipline.

WORKSHOPS *(pre-registration required)*

APRIL

25 | Introduction to Family Constellation
Fri 6:30pm-9:30pm, \$20. *Helga Beer*

JUNE

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

24 & 26 | Yoga/Breath & Meditation
Tues & Thurs 9:30-11:30am, \$20 each class.
Helga Beer

24 | Ball Rolling & Yoga
Tues 6-8pm, \$20. *Helga Beer*