

winter 2015 schedule

JANUARY 11–APRIL 2



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.

SUNDAY

10:30am–noon 12 wk
Beginner–Mixed | Misha

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

Above classes Jan 11 to March 29

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

www.helgabeeryoga.com
hbeer@highspeedplus.com

MONDAY

10am–11:30am 12 wk
Mixed–Experienced | Lynn

5:30pm–7pm 12 wk
Mixed | Lynn

Above classes Jan 12 to March 30

TUESDAY

9:30am–11am 12 wk
Mixed | Helga

11:15am–12:45pm 12 wk
(or 8 wk)
Mom & Baby Yoga | Helga

5pm–6:30pm 12 wk
(or until due-date)
Pre-Natal Yoga | Helga

6:45pm–8:15pm 12 wk
Mixed | Helga

Above classes Jan 13 to March 31

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

WEDNESDAY

10am–11:30am 12 wk
Mixed | Lynn

5:30pm–7pm 12 wk
Mixed–Experienced | Lynn

Above classes Jan 14 to April 1

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



THURSDAY

9:30am–11am 12 wk
Beginner–Mixed | Helga

4pm–5:30pm 12 wk
Gentle Yoga | Helga

5:45pm–7:15pm 12 wk
Beginner–Mixed | Helga

7:30pm–9pm 12 wk
(or until due-date)
Pre-Natal Yoga | Helga

Above classes Jan 15 to April 2

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

“effort is good fortune”

–Morita

hatha yoga



LYNN WYLIE-HELGA BEER YOGA STUDIO

#202 - 1600 Bay Street (near Shelbourne),
Victoria, BC Canada V8R 2B6

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PRICING

| | |
|---|-----------------|
| 12-week registration | \$162.00 |
| 12-week registration (Lynn) | \$174.00 |
| 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 5% GST

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 movement and 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)*

JANUARY

5-7 | Welcome Back Intensive

Mon to Wed, 9:30am-noon, \$105/
\$40 per day. Everyone welcome.
Lynn Wylie

8 | New Year Infusion

Thurs 9:30-11:30am, \$20.
Thurs 5-7pm, \$20. *Helga Beer*

24-25 | Scaravelli-Inspired Hatha Yoga

Sat 10am-1pm, Sun 1:30-4:30pm,
\$120. *Guest Teacher: Louise Simmons*

FEBRUARY

28 | Family/Systemic Constellation

Family Constellation offers concrete
ways for breaking unconscious patterns,
bringing peace for ourselves and our
family system. Sat 9:30am-2pm, \$45.
Helga Beer

MARCH

21 | Body Rolling (small ball)

Promotes greater awareness of our
holding patterns, removes barriers
in the fascia to allow muscles to
release more effectively, improves
bone density by direct stimulation.
Sat 9:30am-12:30pm, \$40. *Helga Beer*