

spring 2015 schedule

APRIL 12–JUNE 28

No classes Easter or
Victoria Day Weekend (May 16–18)



SUNDAY

10:30am–noon 11 wk
Mixed | Misha

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

Above classes: Apr 12 to
June 28.

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



MONDAY

*Classes resume with Lynn
in September.*

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: Apr 7 to
June 23.

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

WEDNESDAY

10am–11:30am 12 wk
Mixed | Misha

Above class: Apr 8 to
June 24.

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: Apr 9 to
June 25.

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

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.*

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

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“effort is good fortune”

–Morita

hatha yoga



LYNN WYLIE-HELGA BEER YOGA STUDIO

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PRICING

12-week registration	\$162.00
11-week registration	\$148.50
8-week registration	\$108.50
Drop-in class	\$15
Drop-in for registered students attending additional classes	\$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 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 | Family Constellation

Family Constellation is a therapeutic/ educational process that integrates family systems theory, existential phenomenology and the connection to our ancestors.
Sat 9:30am-5pm, \$65. *Helga Beer and Jan Hull*

JUNE

20 | Family Constellation

Family Constellation is a therapeutic/ educational process that integrates family systems theory, existential phenomenology and the connection to our ancestors.
Sat 9:30am-2pm, \$45. *Helga Beer*