

# fall 2015 schedule

SEPTEMBER 8–DECEMBER 17  
(no classes on Thanksgiving, Oct 11 & 12)



## SUNDAY

10:30am–noon 13 wk  
*Beginner–Mixed* |  
*Misha*

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

Above classes: Sept 13 to  
Dec 13

*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: Sept 14 to Dec 7

## 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 8 to  
Dec 15

*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: Sept 9 to  
Nov 25

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



## 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 10 to  
Dec 17

*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.*

“practice is perfect”

–Morita

# hatha yoga



## LYNN WYLIE-HELGA BEER YOGA STUDIO

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

[www.helgabeeryoga.com](http://www.helgabeeryoga.com) | [hbeer@highspeedplus.com](mailto:hbeer@highspeedplus.com)

**(250) 370-0464**

### PRICING

15-week registration .....	\$202.50
13-week registration .....	\$175.50
12-week registration (Lynn) .....	\$174.00
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

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)*

#### SEPTEMBER

##### 1-3 | Fall Intensive—A Deepening

Tues-Thurs, 9:30am-noon, \$105/  
\$40 per day. Everyone welcome. *Lynn Wylie*

#### OCTOBER

##### Oct 19, 26, Nov 2 | 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*

##### 24 | Family/Systemic Constellation

Sat 9:30am-5pm, \$65 (\$85 with  
constellation). *Helga Beer*

#### DECEMBER

##### 12 | Family/Systemic Constellation

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

Loyalty and freedom with our families  
of origin. What binds us, and what are  
the entanglements.