

winter 2016 schedule

JANUARY 10–APRIL 4
(no classes Easter, March 25–28)



SUNDAY

10:30am–noon 11 wk
Beginner–Mixed |
Misha

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

*Above classes Jan 10 to
March 20*

*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 11 to
April 4*

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 12 to
March 29*

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

WEDNESDAY

10am–11:30am 12 wk
Mixed | *Misha*

5:30pm–7pm 12 wk
Beginner–Mixed | *Elke*

*Above classes Jan 13 to
March 30*

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 14 to
March 31*

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

FRIDAY

11am–12:15pm 11 wk
Gentle–Therapeutic |
Elke

*Above class Jan 15 to
April 1*

**LYNN WYLIE–
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YOGA STUDIO**

*We 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.*

“practice is perfect”
–Morita

hatha yoga



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

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PRICING

12-week registration	\$168
12-week registration (Lynn)	\$180
11-week registration	\$154
8-week registration	\$112
Drop-in class	\$17/\$16
Drop-in for registered students attending additional classes	\$15/\$14
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

4-6 | **New Year Intensive**

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

Lynn Wylie

7 | **New Year Infusion (ball Et yoga)**

Thurs 9:30-11:30am, \$20.

Thurs 5-7pm, \$20. *Helga Beer*

30-31 | **Scaravelli-Inspired Hatha Yoga**

Sat 10am-1pm, Sun 1:30-4:30pm,

\$120. *Guest Teacher: Louise Simmons*

FEBRUARY

27 | **Family/Systemic Constellation**

Family Constellation offers concrete ways for breaking unconscious patterns, bringing peace for ourselves and our family system. Sat 9:30am-5pm, \$65 (\$85 with Constellation). *Helga Beer*

MARCH

19 | **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*