

spring 2016 schedule

APRIL 3–JUNE 26
No classes Victoria Day Weekend
(May 20–22)



SUNDAY

10:30am–noon 12 wk
Mixed | *Misha*

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

Above classes:
April 3 to June 26

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



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

www.helgabeeryoga.com
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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:
April 5 to June 21

*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 & Maya

Above classes:
April 6 to June 22

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:
April 7 to June 23

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

FRIDAY

11am–12:15pm 6 wk
Gentle–Therapeutic |
Elke

Above class:
April 8 to May 13
(no class in June)

**LYNN WYLIE–
HELGA BEER
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.*

“effort is good fortune”

–Morita

hatha yoga



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PRICING

12-week registration	\$168
8-week registration	\$112
6-week registration	\$84
Drop-in class	\$16/\$17
Drop-in for registered students attending additional classes	\$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 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

30 | 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*

JUNE

18 | 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-1:30pm, \$55. *Helga Beer*

28 | Yoga & Breath

Tues 9:30am-11:30am, \$20. *Helga Beer*

30 | Ball Rolling & Breath

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