

fall 2016 schedule

SEPTEMBER 6–DECEMBER 18
(no classes on Thanksgiving, Oct 7–10)



SUNDAY

10:30am–noon 14 wk
Beginner–Mixed |
Misha

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

*Above classes: Sept 11 to
Dec 18*

*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 12 to Dec 5

TUESDAY

9:30am–11am 15 wk
Mixed | *Helga*

11:15–12:45pm drop in
Mom & Baby Yoga |
Helga

5pm–6:30pm 15 wk
(or until due date)
Pre–Natal Yoga | *Helga*

6:45pm–8:15pm 15 wk
Mixed | *Helga*

*Above classes: Sept 6 to
Dec 13*

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

WEDNESDAY

10am–11:30am 15 wk
Mixed | *Misha*

5:30pm–7pm 15 wk
Beginner–Mixed | *Elke*

*Above classes: Sept 7 to
Dec 14*

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



THURSDAY

9:30am–11am 15 wk
Beginner–Mixed | *Helga*

4pm–5:30pm 15 wk
Gentle Yoga | *Helga*

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

7:30pm–9pm 15 wk
(or until due date)
Pre–Natal Yoga | *Helga*

*Above classes: Sept 8 to
Dec 15*

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

FRIDAY

11am–12:15pm 14 wk
Gentle–Therapeutic |
Elke

*Above classes: Sept 9 to
Dec 16*

**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.*

“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 | hbeer@highspeedplus.com

(250) 370-0464

PRICING

15-week registration	\$210
14-week registration	\$196
12-week registration (Lynn)	\$180
8-week registration	\$112
Drop-in class	\$16/\$17
Drop-in for registered students attending additional classes	\$14/\$15
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. Post-dated cheques allowed if necessary.

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

6-8 | Welcome Back Intensive – A Deepening
Tues-Thurs, 1-3:30pm, \$105/\$40 per day.
Everyone welcome. *Lynn Wylie*

OCTOBER

Oct 17, 24, Nov 7 | 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*

22 | Family/Systemic Constellation
Sat 9:30am-5pm, \$65 (\$85 with constellation). *Helga Beer*

DECEMBER

10 | Family/Systemic Constellation
Sat 9:30am-1pm, \$40. Loyalty and freedom with our families of origin.
What binds us, and what are the entanglements. *Helga Beer*