

# spring 2017 schedule

APRIL 2–JUNE 30

No classes

Easter Weekend (April 14–16)

Victoria Day Weekend (May 19–21)



## SUNDAY

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

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

Above classes:  
*April 2 to June 25*

*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 4 to June 20*

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

## WEDNESDAY

10:30am–noon 12 wk  
*Mixed* | *Misha*

Above classes:  
*April 5 to June 21*

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 6 to June 22*

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

## FRIDAY

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

Above class:  
*April 7 to June 30*

**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.*

“the ocean refuses no river”

–Sufi chant

# hatha yoga



## LYNN WYLIE-HELGA BEER YOGA STUDIO

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### PRICING

12-week registration . . . . .	\$168
11-week registration . . . . .	\$154
8-week registration . . . . .	\$112
Drop-in class . . . . .	\$16
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.

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*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

##### 29 | 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, \$75. *Helga Beer*

#### JUNE

##### 17 | 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*

##### 27 | Yoga & Breath

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

##### 27 | Ball Rolling & Yoga

Tues 6-8pm, \$20. *Helga Beer*