

spring 2018 schedule

APRIL 3–JUNE 26

No classes
Victoria Day Weekend
(May 20–21)



SUNDAY

10:30am–noon 11 wk
Mixed | Misha

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

Above classes:
April 8 to June 24

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.helgaberyoga.com
hbeer@highspeedplus.com

MONDAY

Classes resume with Lynn in September.

TUESDAY

9:30am–11am 12 wk
Mixed | 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 3 to June 19

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 4 to June 20

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 5 to June 21

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.

“we live in the shelter of each other”

–Celtic saying

hatha yoga



LYNN WYLIE-HELGA BEER YOGA STUDIO

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

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PRICING

12-week registration	\$180
11-week registration	\$165
8-week registration	\$120
Drop-in class.....	\$17
Drop-in for registered students attending additional classes.....	\$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 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

28 | 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; \$95 with constellation. *Helga Beer*

JUNE

16 | 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; \$95 with constellation. *Helga Beer*

26 | Riding the Wave of Breath

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

26 | Ball Rolling & Yoga

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