

fall 2018 schedule

SEPTEMBER 9–DECEMBER 16
(no classes on Thanksgiving, October 7)



SUNDAY

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

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

*Above classes: Sept 9 to
Dec 16*

*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

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MONDAY

No classes this season.

TUESDAY

9:30am–11am 14 wk
Mixed | *Helga*

5pm–6:30pm 14 wk
(or until due date)
Pre-Natal Yoga | *Helga*

6:45pm–8:15pm 14 wk
Mixed | *Helga*

*Above classes: Sept 11 to
Dec 11*

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

WEDNESDAY

10:30am–noon 14 wk
Mixed | *Misha*

*Above classes: Sept 12 to
Dec 12*

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



THURSDAY

9:30am–11am 14 wk
Beginner–Mixed | *Helga*

4pm–5:30pm 14 wk
Gentle Yoga | *Helga*

5:45pm–7:15pm 14 wk
Beginner–Mixed | *Helga*

7:30pm–9pm 14 wk
(or until due date)
Pre-Natal Yoga | *Helga*

*Above classes: Sept 13 to
Dec 13*

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

LYNN WYLIE–
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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

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Victoria, BC Canada V8R 2B6

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PRICING

14-week registration\$210
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 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 | Welcome Back

Thurs, 9:30-noon, yoga and the back, \$30
Thurs, 5-7:30pm, yoga and ball rolling, \$30
Everyone welcome. *Helga Beer*

OCTOBER

Oct 15, 22, 29 | 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*

27 | Family/Systemic Constellation

Sat 9:30am-5pm, \$75 (\$95 with constellation). *Helga Beer*

DECEMBER

8 | Family/Systemic Constellation

Sat 9:30am-5pm, \$75 (\$95 with constellation). Loyalty and freedom with our families of origin. What binds us, and what are the entanglements. *Helga Beer*