

# fall 2019 schedule

SEPTEMBER 8–DECEMBER 15  
*(no classes on Thanksgiving, October 13)*



## SUNDAY

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

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

*Above classes: Sept 8 to  
Dec 15*

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



## 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 10 to  
Dec 10*

*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 11 to  
Dec 11*

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*

4:30pm–6pm 14 wk  
*Gentle Yoga* | *Helga*

6:30pm–8pm 14 wk  
(or until due date)  
*Pre-Natal Yoga* | *Helga*

*Above classes: Sept 12 to  
Dec 12*

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.*

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

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“we live in the shelter of each other”

–Celtic saying

# hatha yoga



## LYNN WYLIE-HELGA BEER YOGA STUDIO

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**(250) 370-0464**

### 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.

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*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

##### 5 | Welcome Back

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

#### OCTOBER

##### 26 | Family/Systemic Constellation

Sat 9:30am-5pm, \$75 (\$110 with constellation). The practice is to reconnect with the depth of our humanity. Seeing the root causes of struggle and suffering in the family and our relationships promotes healing and ultimately, love. *Helga Beer*

#### DECEMBER

##### 14 | Family/Systemic Constellation

Sat 9:30am-5pm, \$75 (\$110 with constellation). Loyalty and freedom with our families, partners, children and relationships. What binds us, and what are the entanglements. *Helga Beer*