

winter 2020 schedule

JANUARY 5–MARCH 26



SUNDAY

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

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

*Above classes Jan 5 to
March 22*

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



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*

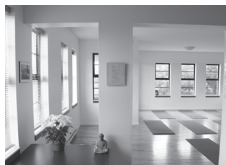
*Above classes Jan 7 to
March 24*

WEDNESDAY

10:30am–noon 12 wk
Mixed | *Misha*

*Above class Jan 8 to
March 25*

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



THURSDAY

9:30am–11am 12 wk
Beginner–Mixed | *Helga*

4:30pm–6pm 12 wk
Gentle Yoga | *Helga*

6:30pm–8pm 12 wk
(or until due-date)
Pre-Natal Yoga | *Helga*

*Above classes Jan 9 to
March 26*

*4:30pm class is best for
students with physical
limitations or chronic pain.*



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

www.helgaberyoga.com
hbeer@highspeedplus.com

“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

www.helgabeeryoga.com | hbeer@highspeedplus.com

(250) 370-0464

PRICING

12-week registration	\$180
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 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)*

JANUARY

2 | **Ball Rolling Et Yoga**

Ball rolling offsets the stress of vigorous exercise, promotes greater awareness of our holding patterns and removes barriers in the fascia for release.

Thurs 5:30pm-8pm, \$30. *Helga Beer*

FEBRUARY

29 | **Family/Systemic Constellation**

Family Constellation offers concrete ways for breaking unconscious patterns, bringing peace for ourselves and our family system. Sat 9:30am-5pm, \$75 (\$110 with Constellation). *Helga Beer*

MARCH

21 | **Ball Rolling Et Yoga**

Ball rolling offsets the stress of vigorous exercise, promotes greater awareness of our holding patterns and removes barriers in the fascia for release.

Sat 1:30pm-4:30pm, \$45. *Helga Beer*