

SPRING SCHEDULE 2013

APRIL 2–JUNE 20
No classes Easter or
Victoria Day Weekend (May 19–20)



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.

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

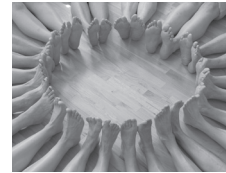
Above classes: Apr 4 to June 20.

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

WEDNESDAY
10am–11:30am 10 wk
Mixed | Jane

Above class: Apr 3 to June 5.

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



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: Apr 2 to June 18.

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

MONDAY
10am–11:30am 10 wk
Mixed–Experienced | Helga

5:30pm–7pm 10 wk
Mixed | Helga

Above classes: Apr 8 to June 17.

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

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

Above classes: Apr 7 to June 23.

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

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“practice is perfect”

—Morita

hatha yoga



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PRICING

| | |
|--|-----------------|
| 12-week registration | \$162.00 |
| 11-week registration | \$148.50 |
| 10-week registration | \$135.00 |
| 8-week registration | \$108.00 |
| Drop-in class..... | \$16/\$15 |
| Drop-in for registered students attending additional classes..... | \$14.50/\$13.50 |
| Drop-in for Yoga Nidra (45 minutes) | \$10 |
| Introductory class | \$10 |
| Private class (75 minutes)..... | \$75 |
| Deposit for pre-registration | \$25 |

All prices include 12% HST

DISCOUNTS

Students and Seniors pay \$1 less per class.

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

27 | Family & Chakra Constellation

Sat 9:30am-1pm, \$40. Helga Beer

MAY

10-11 | Scaravelli-Inspired Hatha Yoga

Fri 5:30-8:30pm, Sat 10am-1pm, \$110.

Guest Teacher Louise Simmons

JUNE

22 | Family & Chakra Constellation

Sat 9:30am-2pm, \$45. Helga Beer

25 & 27 | Yoga/Breath & Meditation

Tues & Thurs 9:30-11:30am, \$20 each class.

Helga Beer

25 & 27 | Ball Rolling & Yoga

Tues & Thurs 6-8pm, \$20 each class.

Helga Beer