

# winter 2018 schedule

JANUARY 5–MARCH 29



## SUNDAY

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

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

*Above classes Jan 7 to  
March 25*

*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

10am–11:30am 12 wk  
*Mixed–Experienced* |  
*Lynn*

5:30pm–7pm 12 wk  
*Mixed* | *Lynn*

*Above classes Jan 8 to  
March 26*

## 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 9 to  
March 27*

## WEDNESDAY

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

*Above class Jan 10 to  
March 28*

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 Jan 11 to  
March 29*

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

## FRIDAY

11am–12:30pm 8 wk  
*Gentle Yoga* | *Elke*

*Above class Jan 5 to  
Feb 23.*

**LYNN WYLIE–  
HELGA BEER  
YOGA STUDIO**

*We 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.*

“the ocean refuses no river”  
–Sufi chant

# hatha yoga



## LYNN WYLIE-HELGA BEER YOGA STUDIO

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**(250) 370-0464**

### PRICING

12-week registration .....	\$180
12-week registration (Lynn) .....	\$192
8-week registration .....	\$120
Drop-in class .....	\$17
Drop-in for registered students attending additional classes .....	\$16/\$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.

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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)*

#### JANUARY

##### 2-4 | **New Year Intensive**

Tues to Thurs, 9:30am-noon, \$120/\$50 per day. Everyone welcome. *Lynn Wylie*

##### 4 | **Yoga & Ball Rolling**

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

#### FEBRUARY

##### 2-3 | **Scaravelli-Inspired Hatha Yoga**

Fri 4pm-7pm, Sun 1:30-5pm, \$130.

*Guest Teacher: Louise Simmons*

##### 24 | **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 (\$95 with Constellation). *Helga Beer*

#### MARCH

##### 17 | **Body Rolling (small ball)**

Promotes greater awareness of our holding patterns, removes barriers in the fascia to allow muscles to release more effectively, improves bone density by direct stimulation. Sat 9:30am-12:30pm, \$45. *Helga Beer*