

winter 2019 schedule

JANUARY 7–MARCH 28



SUNDAY

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

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

*Above classes Jan 6 to
March 24*

*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 8 to
March 26*

WEDNESDAY

10:30am–noon 12 wk
Mixed | *Misha*

*Above class Jan 9 to
March 27*

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 10 to
March 28*

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

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.*



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

www.helgaberyoga.com
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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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Victoria, BC Canada V8R 2B6

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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

3 | **Yoga & Ball Rolling**

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

5-6 | **Scaravelli-Inspired Hatha Yoga**

Sat 1:30-5pm, Sun 1:30-5pm, \$130.

Guest Teacher: Louise Simmons

FEBRUARY

16 | **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

9 | **Ball Rolling & Yoga**

Sat 9:30am-12:30pm, \$45. *Helga Beer*

11,18,25 | **Constructive Living**

(3 Monday evenings of Zen and Shinshu Buddhist psychology). Working with emotions, purposeful living, our racing minds, attitudes, boundaries. Mon 7-9:30pm, \$90 (\$35 per evening). Venue TBA. *Helga Beer*