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April 2010

Quick Links

Happy April everybody!

Namaste Laura,

Well, it looks like we made it through the winter together! As the days get longer and lighter and your energy increases, so will your desire to take on new challenges. Make sure to celebrate your accomplishments like the exalted warrior so that you replenish your energy reserves.

As the seasons change, there are other big changes on the horizon. If you are planning to sign up for any teacher training programs or packages, make sure to do so before you have to pay additional tax. Read more below to find out about our HST sale this month as well as our upcoming workshops, classes and teacher training.

Peace,
Pelle

April HST Sale

To save money before the HST kicks in, we are offering two **Summer Sale Passes** during April:

- 7 months for the price of 6 - [click here](#)
- 3 months pass with 2 extra free weeks - [click here](#).

Note: if you are planning on taking any of the teacher training programs sign up before May 1st (transition rules start) to save the 7%.

Upcoming Teacher Training Programs

Summer Yoga Teacher Training (Intensive) --
August 3, 2010 to August 31, 2010

Autumn Yoga Teacher Training (Part Time) --
September 24, 2010 to April 24, 2011

Autumn Pilates Teacher Training --
September 10, 11, 12, 17, 18 and 19

Find more information about either of our Yoga Teacher Training programs [here](#) or e-mail us at Info@FeelGoodYogaVictoria.com.

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[Workshops](#)

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Find out more about our Pilates Teacher Training programs [here](#).

Ayurveda and Asana Workshop

According to Ayurveda, everything in the universe is made up of five elements: air, ether, fire, water and earth, all of which are pervaded by breath. In this workshop, we will learn how the five elements present themselves in the body, mind and spirit through the doshas (physiological forces which are often referred to as "Ayurvedic body types"), as well as how and why they become unbalanced. Through the integration of conscious breathing and movement, we will explore how the practice of Yoga can be used to restore and maintain balance in order to cultivate a graceful body, centered mind, radiant spirit, and life of sustained optimum health. Please pre-register with our front desk staff.

Join us at the Feel Good Yoga and Pilates Studio:

Saturday, April 24th

1:30 PM

Taught by : Kimberly Loeb

Sign up at the studio

Community Classes for April 2010

These classes are taught on a volunteer basis and are offered Saturdays at 1:15pm by donation only. Proceeds go to a variety of charities. For the month of April, we will be featuring the following classes:

Saturday, April 3 **Hatha Flow**
Taught by: Nicky

Saturday, April 10 **Hatha Yoga**
Taught by: Neely

Saturday, April 17 **Power Flow**
Taught by: Ashley

Karma Program

We are currently looking for participants who would like clean the studio in exchange for yoga classes! We are particularly looking to fill 2 daytime cleaning shifts, one on Tuesday and one on Thursdays. The shifts are 1 ½ hours each, but we are flexible on times. Please contact our Studio Managers for more information at Info@FeelGoodYogaVictoria.com.



Web: www.FeelGoodYogaVictoria.com | Email: info@FeelGoodYogaVictoria.com | Phone: (250) 474-6935

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