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**August 2010**

## Namaste

**Namaste Laura,**

I would like to extend a big thank you to my studio managers, teachers, karma staff and students for making it possible for me to take the month off for the advanced yoga therapy training! It was an amazing learning experience, but words can't describe how good it feels to be back at the studio with all of you. Home sweet home!

The next order of business will be to see what fabulous new classes we can add to the schedule for the fall. With Jacquie away on a well-deserved holiday, we will have reduced office hours, but all classes will run as usual.

This month we are featuring Bring a Friend for Free passes and Kimberley will be teaching another of her wonderful workshops.

Thanks again to all of you! I look forward to seeing you in class and around the studio!

Om Hraum Mitraya,  
Laura

## Upcoming Teacher Training Programs

### **Yoga Teacher Training - Part-Time**

- 5 spots left - Unlimited classes during the program -  
September 24, 2010 to April 24, 2011

More here: [Yoga Teacher Training](#)

### **Mat Pilates Teacher Training**

- 7 spots left - Eligible for insurance -  
September 10, 11, 12, 17, 18 and 19

More here: [Pilates Teacher Training](#)

### **Yoga Business Builder**

- the world's first business school for yoga teachers -

More here:  
[Yoga Business Builder](#)

...or [e-mail us](#) with any questions.

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## Bring a Friend for Free

When you purchase either a one month, a three month or a six month unlimited membership, you will receive one free introductory pass to bring a friend to any class! Ask our front desk about our Bring a Friend for Free passes.

## Schedule Changes

The following class has been cancelled:

**Performance Stretching** Wednesday 8:45 - 9:45 pm

Find the rest of the schedule [here](#).

## Ayurveda and the Sacred Art of Mehendi

Mehendi is the art of applying sacred designs onto the hands and feet with a Henna-based paste. The henna is left on the skin for 6 - 8 hours. When it is washed off, it leaves behind a beautiful, dark burgundy stain that lasts 1 - 2 weeks. As the Henna paste dries and it's dyeing properties sink into the skin, it carries with it the sacred blessings and intentions of the Yantras that have been applied, infusing them deep into the soul.

Kimberley will guide you behind the philosophy of Ayurveda, Mehendi and Shakti; Vedic mantra, meditation and mudra; the mixing of henna paste; step-by-step design techniques and Henna application; Henna aftercare tips and tricks; & Henna resources.



Date: Saturday, August 7th  
Time: 6:00 pm - 9:00 pm  
Location: 127 - 2745 Veterans Memorial Parkway  
Contact: [email](#) or phone (250) 474-6935  
Registration: please pre-register with our desk staff by August 6th  
Cost: \$65.00

Class cost includes a take-home Mehendi kit and instructional Mantra CD.

Find more information about this workshop [here](#).

## Reduced Office Hours

Our dear Jacquie is presently on a well-deserved holiday. Between now and August 16th Feel Good Yoga will have reduced office hours. With the help of our wonderful karma staff, all scheduled classes will continue on as normal throughout the week, but if you are trying to reach the studio by phone or email, our response time

may be delayed. Office hours will continue as normal as of Monday, August 16th.

For any comments or questions, please email: [Info@FeelGoodYogaVictoria.com](mailto:Info@FeelGoodYogaVictoria.com).

## Community Classes for August 2010

These classes are taught on a volunteer basis. Proceeds go to a variety of charities. For the month of August, we will be featuring the following classes:

### **Mondays 12:00 - 1:15pm:**

Aug 9	Kundalini Yoga	Taught by: Sri Sutrananda
Aug 16	Yogilates Level 3	Taught by: Laura B
Aug 23	Yoga Athletics	Taught by: Laura B
Aug 30	Fit Flow Yoga	Taught by: Amie

Find the rest of the schedule [here](#).

## Cool down

During these warm days our climate control system is kicking in and is keeping the studio at a nice and even room temperature. Enjoy!



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