

Having trouble viewing this email? [www.FeelGoodYogaVictoria.com](http://www.FeelGoodYogaVictoria.com)



FEEL GOOD YOGA



**December 2010**

**Namaste Laura,**

The best antidote to fear is love! During this busy Christmas season let's set a common goal to see the best in ourselves and each other.

Let's bask in a glow of gratitude for all that we manage to get done and allow ourselves to let go of what we didn't. As we know from our yoga practice "not doing" can sometimes be the most powerful, perfect thing in the world.

We salute and honor all of your acts of "not doing". Please tell us all about them next time we have the pleasure of seeing you!

Om Hraum Mitraya,

Laura

## Yoga Teacher Training

Deepen your practice or pursue a career as a Yoga Teacher. Our next part-time Yoga Teacher Training will run from January 7th to June 5th. The first ten registrants will receive a \$400 discount **plus** one additional free month of Yoga and Pilates classes at the studio. Find more information here.

For more information or to register, please email our Studio Manager.

## Holiday Gift Sales & Gift Certificates

Don't miss out on this fabulous offer! *Purchase any 3 or more retail items and receive 15% off on the entire purchase! (all of December and does not apply to class cards or gift certificates)*

Spare yourself some holiday running around and purchase one of our many beautiful products here at the studio. Your family and friends will be delighted to receive toxin-free and earth friendly items such as beeswax candles, aromatherapy, clothes, equipment, books, cards, CDs and jewelry!

Quick Links

[Home page](#)

[Workshops](#)

[Contact us \(email\)](#)

[Fun pictures](#)



[Join Our Mailing List!](#)

[Forward to a Friend](#)

[Find us on Facebook](#)

"The goal of yoga is not to tie ourselves in knots like a pretzel, but to untie our knots so that we can experience the inherent beauty of life and our True Selves."

We also offer Gift Certificates (all year) which can be made in any denomination. You can choose any amount or simply select amongst one of our many packages. Give the gift of wellness to family and friends this holiday!

[Contact our studio manager](#) for more information.

## Movie Night & Potluck

The days are getting shorter and as we set in for the coldest month, we open our doors to feature the film 'Eat Pray Love' and host a movie night and potluck on Saturday, December 11th.

The potluck will begin at 6:00pm, a chance to visit with fellow friendly yogis, feel free to bring any dish of your choice. You may feel free to attend both, or just join in for the film at 7:00pm. Join us for good company, delicious food, and a relaxing movie.

Don't feel pressured to bring a dish if this feels too stressful. The studio will be providing one or two large dishes and a dessert for those who are just too busy to make food during this busy season. All we want is to see you there and enjoy some nice relaxation time with you.

No registration is required!

## 'Bring Your Parent to Yoga' Day - free

Due to all the interest expressed from both parents and kids of our Monday afternoon Yoga for Kids class, we have decided to host a 'Bring your Parent to Yoga' day. We invite all parents to come to the 4 PM class on Monday, December 20, 2010 - for free! Come enjoy yoga with your little yogini in class with Gillian!

## Yoga for Two Workshop - Dec 5, 3PM

There is still space available in this fun workshop! If you didn't get a chance to make the last Yoga for Two workshop, or you enjoyed it so much you would like to do it again, come down and practice a fun approach to yoga with a friend, family member or partner!

All levels are welcome and no yoga experience is needed!  
Partners register individually.

Sunday, December 5, 3:00 - 4:30 PM  
\$10 per person  
Taught by: Gillian Edmondson & Jacquie Peterson

More information [here](#), or to register [email our studio manager](#).

## Contact Partner Yoga Workshop

Contact Partner Yoga is for everyone. This class works for people who have never done yoga before. We create a safe, fun environment for all.

Loving-kindness (Metta) touch heals your body, increases optimism and strengthens your immune system. This is the ultimate yoga super vitamin to recharge your mental and physical state. Each class finishes with Thai Massage - everyone's favorite part!

Saturday, January 29th, 2:00 - 4:00 PM  
 \$20 per person or \$35 per couple  
 Taught by: Chris Brandt & Paula Hosking

To register, either sign up [online](#) or contact our [Studio Manager](#) at (250) 474-6935.

## Workplace Yoga

Whether you are a school, a corporation, or any other type of organization, we are delighted to provide Yoga & Pilates for your employees or coworkers in whatever way is most convenient to you. All you need to do is choose the time, place and wellness program that is best suited to your employees.

View more information on the wellness programs that we offer [here](#), or contact our [studio manager](#) if you are interested in booking a program.

## Buddy Pass

Bring a friend for free with this introductory first time pass. Click on the image for a printer-friendly version.



### Buddy Pass

Feel Good class for a friend – one per friend

Your name: \_\_\_\_\_

Your friends name: \_\_\_\_\_

Feel Good Yoga & Pilates • 127-2745 Veterans Memorial Pkwy

[www.FeelGoodYogaVictoria.com](http://www.FeelGoodYogaVictoria.com)

Print • Fill in • Bring friend • Enjoy



Web: [www.FeelGoodYogaVictoria.com](http://www.FeelGoodYogaVictoria.com) | Email: [info@FeelGoodYogaVictoria.com](mailto:info@FeelGoodYogaVictoria.com) | Phone: (250) 474-6935

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to [info@feelgoodyogavictoria.com](mailto:info@feelgoodyogavictoria.com) by [info@feelgoodyogavictoria.com](mailto:info@feelgoodyogavictoria.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Feel Good Yoga & Pilates | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada