

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



**February 2010**

Quick Links

## New classes and events coming up!

**Namaste Laura,**

Thank you for your participation in our classes and events last month! Due to your support, feedback and participation in Feel Good Yoga, we are able to offer an even wider variety of classes and workshops in February. There is also some schedule changes. Please scroll down for more information.

Om Hraum Mitraya,

Laura

## NEW CLASS TIMES - Schedule changes

Starting February 15th we will staggering the evening class times to decrease the congestion in between classes. The downstairs studio evening classes will start and end 10 minutes later than the present schedule. Upstairs studio evening classes will start at the usual times.

Another reminder to cancel your reservations if you are unable to make the classes you have pre-booked. This will ensure that you will not lose a class on your flexpass! You are able to cancel reservations online or by telephone.

Check out the updated schedule [here](#).

## Intro Week Pass

Unsure if yoga is for you? Want to try out a variety of classes?

Try our new Intro Week Pass for only \$20. Take part in any and all classes you like for an entire week, activated on the day of your first class! Buy it on-line [here](#).

## New Classes Available!

We are happy to announce 3 new yoga classes to our weekly schedule, and welcome Instructor Matt Balchin to the Feel Good

[Home page](#)

[Workshops](#)

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



[Join Our Mailing List!](#)

[Forward to a Friend](#)

Yoga and Pilates Studio. We hope to see you at these new classes:

<b>Wednesday at 5:30 PM</b> Taught by: Taryn	<b>Prenatal Yoga</b> Beginning February 10th
<b>Saturday at 8:00 AM</b> Taught by: Kimberly	<b>Hatha Flow</b> Beginning February 20th
<b>Monday at 12:00 PM</b> Taught by: Matt	<b>Bhakti Flow</b> February 15th - March 8th

See the full schedule [here](#).

## Our community supporting others!

Thank you for your participation in our community classes on Saturdays. For those of you who don't know, these classes are by donation only and the proceeds go to a variety of charities. So far, hundreds of dollars have gone to the BC SPCA and the Canadian Red Cross.

## Community Classes for February 2010

For the month of February, we will be featuring the following classes:

<b>Saturday, February 13</b> Taught by: Kate	<b>Prenatal Yoga</b>
<b>Saturday, February 20</b> Taught by: Tara	<b>Pilates</b>
<b>Saturday, February 27</b> Taught by: Karen	<b>Nia</b>

## Karma Program

We are still looking for people who would like to exchange cleaning and front desk work for yoga classes. We are particularly looking for people who would like to exchange classes for cleaning at the moment. Contact our studio manager for more information at [Taryn@FeelGoodYogaVictoria.com](mailto:Taryn@FeelGoodYogaVictoria.com)



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 | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada