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FEEL GOOD YOGA



February 2011

Namaste Laura,

The sun is shining (at least right now) and I saw the first snowdrops yesterday - Spring is around the corner! How lucky we are to live here in beautiful Victoria!

Laura [blogged](#) for the first time last week and we have started to post videos in our [YouTube channel](#) and [Facebook](#).

Light & Love,

Pelle

Spring Sale

As the days grow longer, we welcome the Spring with open arms. We have been so happy to see many beautiful faces around the studio more often! We are excited to offer the following sale:

10% off the Following Items:

[1 Month](#) Pass now **\$90.00**
[3 Month](#) Pass now **\$207.00**
[6 Month](#) Pass now **\$342.00**

Prices do not include tax. Purchase online [here](#) or at the studio.
 Sale runs from *February 5th - February 11th*.

New Classes

Regular Classes

Pure Pilates with Sandra Smith
 Sundays 3:00 - 4:00 pm Beginning February 5th

Pre-Registered Classes

Baby & Me Yoga with Donna Woodland
 Wednesdays 12:00 - 1:15 pm February 2 - 23rd

Yoga for Kids (Age 5-7) with Gillian Edmondson
 Mondays 3:15 - 4:00 pm February 7 - 28th

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Yoga for Kids (Age 8-12) with Gillian Edmondson
Mondays 4:15 - 5:15 pm February 7 - 28th

Find our full schedule [here](#). Preregister [online](#) or by contacting our [studio](#).

Pralaya Healing Level 1 Workshop

Saturday, February 5, 2011 at 1:00 - 4:00 PM
\$20 - \$50 Sliding Scale/ person

Pralaya uses yoga, breath-work, meditation, communication and bodywork modalities to inspire your healing journey. Together we will illuminate the body, mind and soul by exploring the hidden parts of the self with love and compassion so you can fulfill your highest potential.

Find more information and register [here](#).

Yoga for Two Workshop

Sunday, March 13, 2011 at 3:00 - 4:30 PM
\$15/ person

All levels are welcome and no yoga experience is needed! At the core of yogic philosophy is the connection between all things. Yoga for Two allows us to explore this concept further as we help our friend/partner relax further and move deeper into yoga postures. This workshop is taught by two very good friends - Gillian and Jacquie. Enjoy this workshop with a friend or with a partner. **Please register individually.**

Find more information and register [here](#).

New Equipment and Aromatherapy Items

Come take a look at our delicious Valentine's Aromatherapy Packages we are offering at the studio! We also have a new selection of Halfmoon rectangle bolsters so you can stay comfortable at home.

Featured Free Classes in February

At Feel Good studio, we have decided to feature classes weekly, allowing students a chance to experience the class and bring friends for free. For any of our featured classes, we recommend pre-registration or arriving a little early.

Keep an eye out on our [website](#) and [facebook](#) for more information.



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

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