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July 2010

Quick Links

## Namaste from eastern Canada

### Namaste Laura,

As I am writing to you today, I am looking out through my dorm window over the beautiful gardens and grounds at an ashram outside of Stony Creek, Hamilton. I will miss all of you very much this month, but am excited to learn more about the healing potential of yoga so that I can share everything with you upon my return at the beginning of August.

Have yourselves a beautiful, warm July! All our teachers back home hope to see you at new and regular classes and workshops this month. If you are a regular participant of my classes, please do give my wonderful substitutes a try! We have worked hard together to create similar classes for my absence and they are such lovely people and amazing instructors.

Om Hraum Mitraya,  
Laura

## Schedule Changes

### New Classes

**Yoga for Chronic Pain**      Friday 6:30 - 7:45 pm  
Taught by: Kimberly      Beginning July 9th

**Performance Stretching**      Wednesday 8:45 - 9:45 pm  
Taught by: Bobby      Beginning July 14th

**Yin Yoga**      Thursday 8:30 - 9:45 pm  
Taught by: Jacquie      Beginning July 15th

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

## Community Classes for July 2010

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

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

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July 5	Prenatal Yoga	Taught by: Taryn
July 12	Hatha Flow	Taught by: Ana
July 19	Yogilates	Taught by: Gillian
July 26	Hatha Flow	Taught by: Gillian

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

## Yoga for Gardeners Workshop

This workshop, taught by Lindsay Hounslow, includes instruction and practice of basic postures that support a comfortable and healthy gardener's body. Designed especially for gardener's needs by a gardener! Enjoy your time in the garden without straining with body. Poses will focus on supporting and stabilizing the back while stretching the legs and hips. Participants will receive a handout of suggested postures to practice at home before or after working (or playing!) in the garden.

Date: Saturday, July 24th  
Time: 1:30 pm - 2:30 pm  
Location: 127 - 2745 Veterans Memorial Parkway  
Contact: email or phone (250) 474-6935  
Registration: please pre-register with our desk staff by  
Cost: \$17.00

Find more information [here](#).

## Bhakti Hatha Workshop

Through this workshop taught by Matt Balchin, we will explore both Bhakti; chanting and hatha yoga postures. Students will be shown how precise yoga postures can re-balance the body and open the Prana, the vital flow of energy. This education will be fused with Bhakti which will be accompanied by a harmonium and live drumming. This process activates and circulates Prana, clearing stagnant energy blocks. Students are asked to bring an open mind, and can expect to learn while having fun. No experience is necessary: beginners to advanced students are welcome.

Date: Saturday, July 31st  
Time: 2:00 pm - 5:00 pm  
Location: 127 - 2745 Veterans Memorial Parkway  
Contact: [email](#) or phone (250) 474-6935  
Registration: please pre-register with our desk staff by July 26th  
Cost: \$40.00

Find more information [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 dying 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 2nd

Cost: \$65.00

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

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

## 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.

## Karma Exchange

We are currently looking for people who would like to work either at our front desk or clean the studio in exchange for yoga classes! Please contact our studio managers for more information at [Info@FeelGoodYogaVictoria.com](mailto:Info@FeelGoodYogaVictoria.com).



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

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