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March 2010

Quick Links

Happy Spring!

Namaste Laura,

It really did seem like spring truly did arrive today! Let's keep our fingers crossed that spring is here to stay!

We will be offering three new classes this month and are so happy to welcome Tara Meyer, a wonderful new Pilates instructor. Scroll down to read about our exciting events, beginners workshop and classes that will all take place this month.

Laura

Schedule Adjustments

We are excited to offer three new classes beginning this month. Please help us welcome Instructor Tara Meyer to the Feel Good Yoga and Pilates Studio! We look forward to seeing you at the following classes:

Thursday at 5:30 PM Pilates Level 1
Taught by: Tara Beginning March 11th

Saturday at 9:30 AM Pilates Level 1
Taught by: Tara Beginning March 6th

Sunday at 1:15 PM Power Yoga
Taught by: Lindsay Beginning March 7th

Although all her students absolutely love her classes, wake-up yoga is canceled as of next week due to low turn-out. Not to worry though, Raquel will continue to teach all of her other fabulous classes!

Tuesday at 7:15 AM Wake-up Yoga
Taught by: Raquel Last Class March 2nd

Thursday at 7:15 AM Wake-up Yoga
Taught by: Raquel Last Class March 4th

See the full schedule [here](#).

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Community Classes for March 2010

Community Classes are taught by teachers who often have a new idea for a class they would like to teach on a regular basis. Sometimes they are taught by our regular teachers who wish to raise money for a special cause by teaching yoga.

These classes are taught on a volunteer basis and are offered Saturdays at 1:15 pm by donation only. Proceeds go to different charities. For the month of March, we will be featuring the following classes:

Saturday, March 6 **Yin Yoga**
Taught by: Deanna

Saturday, March 13 **Pilates**
Taught by: Carlie

Saturday, March 20 **No Community class**
See Spring Equinox afternoon event below

Saturday, March 27 **Yoga Groove**
Taught by: Amie

Spring Equinox Potluck Event

Saturday, March 20th **Spring Equinox Event**

Come down to the Feel Good Yoga & Pilates Studio to celebrate the Spring Equinox with us! Free classes will be offered all day including hatha flow at 8:00 am with Kimberly, pilates at 9:30 am with Tara and in the afternoon, and we will be hosting a free yoga **workshop for beginners** from 4:00 pm to 5:15 pm.

At 6:00 pm you are invited to our potluck. You can look forward to draws, prizes and delicious food. Please pre-register for the classes and the workshop. Pre-registration for the potluck is not necessary. If you have time, please bring a dish to share with your yogi friends.

The 6 and 12 months passes will also be on sale during this event.

Full Moon Meditation

Did you know that the full moon amplifies the energy reaching the earth? This is an ideal time to rest, release and restore in preparation for the new moon's creative energy. The moon is also said to make meditation more powerful. When a group meditates together, the energy from the moon is multiplied several times, bringing an abundance of energy to each individual and the whole group. We will discuss the specific energies of the full moon and meditate for peace and healing. This event will be by donation only and pre-registration is not necessary.

Join us at the Feel Good Yoga and Pilates Studio:

March 30th**8:30 - 9:30 PM****Taught by : Deanna**

Karma Program

We are currently looking for people who would like to work either at our front desk or clean in exchange for yoga classes! We are particularly looking to fill a Front Desk shift Thursdays from 5:30 - 7:10 pm, and a cleaning shift on Thursday afternoons. Please contact our studio manager for more information at Taryn@FeelGoodYogaVictoria.com.

Note to all Students

You may have noticed many new things popping up here and there at our continuously evolving studio. This includes stickers on the studio floors. Please line up the edges of your mat with the edges of the sticker. Placing your mat in this way ensures that you will have adequate space to enjoy your class. If you have any questions feel free to contact our studio manager at: Taryn@FeelGoodYogaVictoria.com.



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

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