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May 2010

Quick Links

All Things Seem Possible in May

Namaste Laura,

The days are getting longer! In order for you to still do your yoga and enjoy the sunshine, we have made some changes to the time and adding some exciting classes - see below.

We are also getting in a new products; Eco Yoga Mats, beautiful Organic Yoga Clothing, CD's and Beeswax Candles - come visit us at the studio and check out our new selection!

Om Hraum Mitraya,
Laura

The Yoga Business Builder™

Wednesday May 12 - free info session - contact the studio to register.

This is an opportunity to learn the other side of running a successful yoga business - the entrepreneurial side. This is a fun and exciting eight month journey packed with case studies and advice from some of the world's most successful yoga teachers.

Find more information [here](#).

Yoga Teacher Training Bonus

Be one of the first ten to sign up for any of the Yoga Teacher Training programs and receive another free month of unlimited yoga!

More info [here](#).

Schedule Changes

Yoga Thrive Series by: Kimberly
Friday May 21 - July 7 11:30am - 12:45pm

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This is a 7-week package. It is a progressive, research-based Yoga program designed to create and maintain wellness in the body and mind through conscious movement and breathing techniques. This is a program that will be most helpful for people suffering from chronic pain or illness.

For more info or to sign up contact the studio.

Yoga Groove by: Amie **Saturday May 22th 6:30pm - 8:00pm**

The Groove Method™ is a new kind of workout that provides a safe and fun environment to explore the possibilities of movement in your body giving you the opportunity to find your own unique way to move and groove.

Sunday Changes beginning May 16th:

Sunday's Basic Hatha will be replaced by Power Yoga, and will be held from 9:00 to 10:15am.

Hatha Flow will be held from 10:30 to 11:45am, also beginning on May 16th.

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

All Community Classes are now taking place on Mondays at 12:00pm. We will no longer be hosting Community Classes on Saturdays. All proceeds still goes towards charity.

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

Community Classes for May 2010

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

Mondays 12:00 - 1:15pm:

May 10	Yogilates Level 1	Taught by: Eden
May 17	Hatha Flow	Taught by: Laura H.
May 24	Yin yoga	Taught by: Jennifer
May 31	Gentle Therapeutic	Taught by: Piia

Meditation for Kids Workshop

Let your child gently explore the world of Meditation! There are many benefits to Meditation for Kids, your child will learn to:

- Turn a chaotic situation into a peaceful moment
- Enhance intuitive abilities and creative visualization skills
- Find understanding of feelings and relationships
- Develop techniques for long restful sleep

This workshop is for Children ages 5 to 14.

Date: Tuesday, May 11th

Time: 4:00pm - 5:00pm

Location: 127 - 2745 Veterans Memorial Parkway

Registration: Contact Feel Good Yoga and Pilates to Register

Contact: [email](#) or phone (250) 474-6935

Cost: \$10 per Child

Find more information [here](#).



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

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