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FEEL GOOD YOGA



November 2010

Namaste Laura,

With Christmas approaching I hear more friends at the studio saying what a relief it is to be back at the studio, away from all their "busy-ness". I can only say that I understand wholeheartedly what they mean. The studio is my safe haven too.

But I have been asking myself lately... no matter where we find ourselves, does being "busy" mean we have to be "stressed"? If we can find some inspiration and creativity in our work, maybe we can take the stress out of being "busy"... and if our work is making us momentarily unhappy, why not take a little break? Even just taking a break to breathe, chat with a friend or drink a cup of tea can bring renewed inspiration, freshness and peace back into our lives.

Om Hraum Mitraya,

Laura

"You will break the bow if you always keep it stretched"
- Norman, Vincent Peale

Teacher Training

Our upcoming Mat Level 1 - [Pilates Teacher Training](#) will run through the weekends of November 26 - 28th and December 10 - 12th. Fun and educational both for the pilates enthusiast and as a compliment to yoga teacher training. The program includes the 34 most bio-mechanically sound classical Pilates exercises along with modifications and variations for a wide variety of fitness levels.

[More information](#) | [Sign up today](#)

Deepen your practice and/or pursue a career as a Yoga Teacher. The next part-time [Yoga Teacher Training](#) will run January to June 2011.

For more information on either program, [email our Studio Manager](#).

Free classes and Schedule Changes

Feel Good is pleased to introduce the following new classes

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and instructors. Come down to the studio to meet our new friendly instructors and try out these **new** sensational classes. These classes are FREE on the dates below:

Hatha Yoga with Whit Hornsberger
Tuesdays 4:15 - 5:30 pm - *FREE on November 9*

Candlelight Gentle Flow Yoga with Lindsay Hounslow
Fridays 7 - 8 pm - *FREE on November 5, 2010*

Hatha Flow Yoga with Trish Bartlett
Saturdays 10:45 - 12:00 pm - *FREE on November 6, 2010*

Self-Awakening Yoga with Whit Hornsberger
Saturdays 12:15 - 1:30 pm - *FREE on November 6, 2010*

For the month of November, we will feature this Karma class (by donation only):

Hatha Flow with Donna Rowen
Fridays 12:00 - 1:00 pm - *Beginning November 5, 2010*

A few minor adjustments to our current fabulous classes:

Prenatal Yoga with Laura Barnes
Mondays 7:00 - 8:15 pm - *Beginning November 1, 2010*

Power Yoga with Whit Hornsberger
Tuesdays 5:40 - 6:55 pm - *Beginning November 9, 2010*

Yoga for Runners with Jacquie Peterson
Wednesdays 5:30 - 6:45 pm - *Beginning November 10, 2010*

Hatha Yoga with Sandra Smith
Sundays 1:30 - 2:45pm - *Beginning November 7, 2010*

Find and print our new schedule [here](#), and view all class descriptions [here](#).

Christmas Gift Ideas

Keep an eye out for new products arriving in our studio lobby! We will have a brand new selection of beeswax candles, books, cards and jewellery to go along with our cd's, aromatherapy, water bottles and clothes!

Hip Hop Yoga Workshop - Level 1

Amy Allen of DOWNdwag Yoga is bringing a ground breaking fusion of classic yoga practice and high energy, current hip hop music to Feel Good Yoga and Pilates. This workshop is appropriate for anyone interested in Hip Hop Yoga, whether you would just love to take a great class or you are interested in learning how to teach Hip Hop Yoga.

Sunday, November 28th, 3:00 - 5:00 PM
\$60 per person

More information [here](#), or to register [email our studio manager](#).

Yoga for Two Workshop

We had so much fun with our workshop last month that we've decided to offer it again! If you didn't get a chance to make the Yoga for Two workshop, or you enjoyed it so much you would like to do it again, come down and practice a fun approach to yoga with a friend, family member or partner!

All levels are welcome and no yoga experience is needed! Partners register individually.

Sunday, December 5, 3:00 - 4:30 PM

\$10 per person

More information [here](#), or to register [email our studio manager](#).

Workplace Yoga

Whether you are a school, a corporation, or any other type of organization, we are delighted to provide Yoga & Pilates for your employees or coworkers in whatever way is most convenient to you. All you need to do is choose the time, place and wellness program that is best suited to your employees.

View more information on the wellness programs that we offer [here](#), or contact our [studio manager](#) if you are interested in booking a program.

Karma Exchange Program

The Karma Program and the people who participate in it are two of the most important parts of the studio as they are an integral aspect of creating and maintaining the positive energy. This program is intended to provide students who cannot allocate funds toward a regular yoga practice, or who simply want to be more involved with the community at the studio, the chance to practice for free in exchange for helping out around the studio.

Feel Good currently has some front desk shifts available. For more information or to apply, please contact our [studio manager](#).

Buddy Pass

Bring a friend for free. Click on the image for a easy print version.



Buddy Pass

Feel Good class for a friend – one per friend

Your name: _____

Your friends name: _____

Feel Good Yoga & Pilates • 127-2745 Veterans Memorial Pkwy

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