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## October 2010

### Namaste Laura,

Only two days left of September, so make sure to take advantage of the sale! Come join us at the studio for classes and check out our upcoming workshops.

A number of our instructors will be attending workshops at the [Vancouver Yoga Conference](#) this weekend. Free day passes are still available at the studio reception if you are planning on joining them for this fun event.

Namaste,  
Pelle

## Fall Sale

September sale ends on the 30th. Come in to the studio or purchase your passes [online](#).

	<b>You Save</b>	<b>Order here</b>
12 Class Flex Pass	\$21.00	<u>\$99.00</u>
One Month Unlimited Pass	\$25.00	<u>\$75.00</u>
Three Month Unlimited Pass	\$50.00	<u>\$180.00</u>
Six Month Unlimited Pass	\$80.00	<u>\$300.00</u>
Twelve Month Unlimited Pass	\$150.00	<u>\$550.00</u>

## Movie Night and Potluck

Come down to the studio for a night of fun! We will be hosting a potluck and movie night October 16th. Our featured film for the evening will be a movie called "[Enlighten Up](#)" beginning at 7:00pm. Feel free to just come for the movie or bring a dish of your choice at 6:00pm and enjoy a little chat with fellow yogis and yoginis before the movie. Let's bring our community together to celebrate the harvest and warmth of the Fall. Join us for good company, delicious food, and a relaxing movie.

Saturday, October 16th, 6:00 - 9:00 PM

## Yoga for Two Workshop

### Quick Links

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[Workshops](#)

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[Fun pictures](#)



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Relax, unwind, and have fun while practicing yoga with a yoga buddy. No yoga experience is necessary! Participants will be guided to safely work together in two ways:

1. Postures practiced simultaneously for increased enjoyment, energetic support, improved balance and body alignment.
2. Partner Assisted Yoga where one person gives their partner massage or traction to give energetic support and allow them to experience the pose in a different way.

Remember! The important thing is how much you enjoy the postures, not what they look like externally. All levels are welcome and no yoga experience is needed! Partners register individually.

Sunday, October 24th, 3:00 - 4:30 PM

\$10 per person

For more information or to register, [email our studio manager](#).

## Hip Hop Yoga Workshop - Level 1

Amy Allen is bringing a ground breaking fusion of classic yoga practice and high energy, current hip hop music to Feel Good Yoga and Pilates. DOWNdawg Yoga is busting down barriers and captivating yogis all over the west coast of Canada. We offer the chance to get into your favorite yoga flow sequences, get your heart rate pumping while rocking to electric beats throughout class. No dance experience is necessary... the music melds in with the moves, the moves flow in tune with your breath, giving participants the ultimate, fun and funky workout.

This workshop is appropriate for people who would just love to take a great class or for those who would like to learn how to teach hip-hop yoga.

Sunday, November 28th, 3:00 - 5:00 PM

\$60 per person

For more information or to register, [email our studio manager](#).

## Lost & Found

Over the past year, Feel Good has accumulated a number of items (water bottles, clothes, mats) students leave behind in their state of yoga bliss. If you think you may have left something behind, please check in with our lost & found at the front desk. After October 17th, remaining items will be donated to the Salvation Army. Here is a picture of the [full collection](#).

## Teacher Training

Our next [Pilates Teacher Training](#) will run over the two weekends November 26-28 and December 3-5. To register or for more information, [email our Studio Manager](#).

Our upcoming [Yoga Teacher Training](#) will run January to June 2011. For more information [email our Studio Manager](#).



Yoga Teacher Training 2010-2011



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

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