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2010 Fall planning

Namaste Laura,

September is going to be a pretty exciting month at Feel Good Yoga and Pilates. We will give more details in our September newsletter, but couldn't wait to give you a little preview. Look forward to:

- many new, exciting classes
- a big **SALE** starting on September 13th
- a **FREE WEEK OF YOGA** from September 13th to 17th.

Having trouble staying cool in the heat? The air-conditioning at the studio is going strong and we would love to see you so beat the heat while you stretch and strengthen your body at the studio.

Om Hraum Mitraya,
Laura

Immediate Schedule Changes

We are scaling down a bit for the rest of the summer. These classes may return at a later date or be replaced by other classes you have requested. Keep a lookout for the September newsletter where we will be announcing many new, exciting classes!

Starting this week we'll take the following classes off the schedule:

Yoga for kids - Monday 4PM
Mom and me - Wednesday Noon
Yogilates 1 - Thursday 5:40 PM
Chronic pain -Friday 6:30 PM
Hatha Flow - Saturday 8AM

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

Upcoming Teacher Training Programs

Find out why teaching yoga and/or pilates is the best job in the world! What other occupation actually improves your health and calms your nervous system while you are working?

We have 4 spots left in our part-time yoga teacher training program and 7 spots in our Pilates teacher training program.

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Community Classes for August 2010

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

Mondays 12:00 - 1:15pm:

Aug 16	Yogilates Level 3	Taught by: Laura B
Aug 23	Yoga Athletics	Taught by: Laura B
Aug 30	Fit Flow Yoga	Taught by: Amie

Find the rest of the schedule [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.

Cool down

During these warm days our climate control system is kicking in and is keeping the studio at a nice and even room temperature. Enjoy!



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

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