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FEEL GOOD YOGA



April 2011

Namaste Laura,

If we let it, spring can be a time of growth and healing. Have you ever noticed a similarity between the way you practice yoga and the way you live your life?

Each joy or difficulty is like a pose. Some poses are challenging. Others are blissful. When faced with challenges and joys in life which voice do you listen to ... the quiet voice of wisdom or the drama of the ego? My wish for you and I is that we will cherish each joyful moment, see the value in each challenge and let suffering float on by without extra fuel or provocation. Let's foster growth in our yoga community this spring!

Om Hraum Mitraya,

Laura

Spring Sale

Save *even more* on the Flex Pass from April 18 - 26th:

12 Class Flex Pass for \$100.00 (plus tax)

Flex passes do not expire so stock up while the price is so low!
Passes are available at the studio or [online](#).

New Family Flex Pass

Feel Good is now offering drop-in packages of 50 classes for \$450. These drop-in classes will not expire, just like our other Flex Passes. You can purchase our new Family Flex Pass online or at our studio.

If you want to share this pass with your family (or friends) please contact us directly to set up a Family Flex Pass *before* purchasing

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Outside the Studio



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one online, as all pass users must be registered under the pass before activation.

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Please [let us know](#) if you have any questions.



Pilates and Yoga Teacher Training

Our next **Pilates Teacher Training** program will run from May 20 - 29th. Find more information [here](#). There is still space in the program, so [register today!](#)

Our next Yoga program begins September 16th, 2011. *Be one of the first ten to register in either yoga program and you will receive a \$400 discount + a bonus month of free classes!*

Students also have unlimited free access to all classes during both the teacher training programs!

Find out more about our upcoming **Yoga Teacher Training** programs [here](#).

Inversions for Japan Workshop

This workshop will feature an introduction to inversions, a hatha flow warm-up, instructions on how to enter and exit inversions safely, demonstrations, and time to practice both Shoulder Stand and Head Stand with hands on guidance.

This workshop will end with a meditation for Japan. All donations will be given to the Red Cross with intention to relieve suffering in Japan.

Saturday, April 9th

12:30 - 2:00 PM

Suggested donation \$20.00 / person

Find more information or register [here](#).

Class Changes

[New Instructor](#)

Gentle Therapeutic with Connie Rose

Tuesdays 10:00 - 11:15 am Beginning April 5th

[Class Changes](#)

Vibrant Vinyasa Flow Yoga with Lindsay Hounslow
Tuesdays 10:00 - 11:15 am

Entirely Paulates with Paula Hosking
Mondays 9:45 - 10:45 am

Strong and Streamlined Pilates with Dorinda Wright
Tuesdays at 7:10pm and Thursdays at 7:00 pm

Pre-registered Class

Baby & Me Yoga with Christi Houser
Wednesdays 12:00 - 1:00 pm from April 6 - 27th
\$40.00/ 4 week series

Special Karma Class

Earth Day Yoga with Vicki Bashista
Friday, April 22nd 8:15 - 9:15 pm
By Donation- Proceeds going to Canadian Wildlife Foundation

Find our full schedule [here](#)

Featured Free Classes

Try out these classes for free! Bring your friends and family so they can try out something new. Here are our featured classes for April:

Power Yoga with Paula Hosking
Sunday, April 3rd 9:00 - 10:15 am

Hatha Flow with Laura Phelps
Tuesday, April 12th 7:00 - 8:15 pm

Strength & Tone Pilates with Piia Swift
Saturday, April 23rd 8:15 - 9:15 am

Be sure to preregister [here](#) as these classes tend to fill up quickly!

Levitation Workshop

Swami Yad Sloof Slirpa teaches an unforgettable levitation workshop at Feel Great Yoga & Pilates. Students can expect to be proficient in Levitation in only 98 minutes. Some students will be able to float up to 13 inches above sea level. This is a skill with endless opportunities - don't miss out, [register today](#).

Upcoming Events in May

Open into Spring: A Yin Yoga and Chinese Medicine Workshop

May 7th 1:00 - 3:00 pm with Jenn Rankin

Mother and Daughter Partner Yoga Workshop

May 8th 2:00 - 4:00 pm with Sarah Clifford

Spring Cleaning Clothing Exchange and Drive

May 14th 1:30 - 3:30 pm *Everyone Welcome*

DownDAWG Level 2 Workshop

May 15th 2:00 - 5:00 pm with Amy Allen

Find more information on all of these events [here](#).



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