



FEEL GOOD YOGA



April 2012

Namaste,

Spring has Sprung!

Take in all the natural wonder and possibly some spring "cleaning" both inside and out. Some good tips include:

- Decrease heavy, oily, cold, fatty foods.
- Increase spicy, bitter, and astringent foods (arugula, mustard greens, kale, strawberries, blueberries, and sprouts).
- Increase your vitamin, nutrient and chlorophyll intake with early dark green vegetables and sprouts.
- In general, eat light and eat local.

And of course, don't forget to practice your yoga. It is great for detoxification.

Namaste!

Jenny

Pilates Teacher Training - early bird discount

Our next Pilates Teacher Training is coming soon and starts April 20th! This course includes the history of pilates, philosophy and principles, breathing techniques, basic teaching methodology, and much more. Visit the pilates page for all the details.

Early bird registration is on now until April 13th.
Register today and receive a \$100 discount!

Early Bird \$499, after April 13 price is \$599

April 20-22 plus May 4-6, 2012

Friday 5:30 - 9:30 PM

Saturday and Sunday 8:30 AM to 5:00 PM (Break 12:30 to 1:00)

Students also have unlimited free access to all classes during the

Quick Links

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[Fun pictures](#)

[Yoga Teacher Training](#)

[Pilates Teacher Training](#)

[Testimonials](#)

PETA cruelty / cruelty free

At the Studio

Karma Classes

various awesome teachers

by donation

Sundays

5:15 - 6:30 PM

In the Community

Charity of the Month

Earth Day Canada

April 22



Earth Day[®]
CANADA

www.earthday.ca

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teacher training programs!



[YTT](#) | [PTT](#) | [Testimonials](#) | [Contact](#)

30 Days to a Healthier Habit

Join our 1st ever 30 day challenge, from April 14 - May 13 challenge yourself to 30 classes in 30 days.

Let your body transform to become more energized, stronger, and leaner, while your mind cultivates a sense of clarity and calm.

All classes count towards the challenge, visit the website for complete details, rules, and prizes!

Sign up at the studio front desk to participate!

http://www.feelgoodyogavictoria.com/30_day_challenge.php

Join us for a Noon Yoga Class!

Our Noon Yoga Class is a success because of YOU! So if you love how you feel after and notice how enjoyable the rest of your day is, bring your friends and co-workers! Everyone who has a pass here is able to use a "Buddy Pass" to bring a friend who has never been here for FREE! Yay!

Join us for a 45 min Yoga Class every Wednesday
12:10 - 12:55 pm.

Cost : Use your current pass or purchase a pass to use for any class at the studio.

Forward this email
to a friend 



[Don't miss the blog...](#)

Fruit & Nut balls

The perfect cruelty free
pick me up energy bar!
By our newest yoga teacher
- Caley

Spring Cleaning! 30% off all Jewelery & Pottery

Choose from mandala beads, upcycled domino necklaces, and yogic pottery. Enjoy 30% off to make room for new items!
Sale on until the end of April.

Karma Exchange Opportunities

It's that time again, we are looking for Karma Staff!
If you are interested in working at the front desk or cleaning please fill out our [karma application](#) and email to studio (no phone calls please).

Attention ALL Feel Good Alumni

We want ALL our teacher training alumni and staff to use the studio as their one stop shop to buy all things yoga, so let the front desk staff know you are a Feel Good Alumni and you will receive 20% off all retail items.

Easter Schedule

Good Friday April 6th Hatha Yoga - 10:00 - 11:15a

Sat April 7th Power Yoga - 8:15 - 9:15a
Hatha Flow Yoga - 10:45 - 12:00p

Sun April 8th Ab Attack - 9:15 - 10:15a
Hatha Flow Yoga - 10:30 - 11:45a

Mon April 9th Hatha Yoga - 10:00 - 11:15a

For more information [email](#) or call (250-474-6935)

April Featured Karma Classes Earth Day Canada

Come and support our amazing teacher trainees on Sunday April 22 and 29 evening 5:15 - 6:30 PM - by donation

Help to support our recent Yoga Teacher Graduates and also support Earth Day!



[Featured free classes](#) | [Class descriptions](#) | [Schedule](#)



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

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