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FEEL GOOD YOGA



August 2011

Namaste Laura,

Just living is not enough... we must have sunshine, freedom, and a flower.

Hans Christian Anderson

Pilates and Yoga Teacher Training

The westshore has a demand for Pilates Teachers! **Pilates Teacher Training** will begin September 9th. There is still space in the program, so register today, or find more information here.

Two spots left in our **Yoga Teacher Training** program beginning October 21st! *Register today and receive a \$400 discount + a bonus month of free classes!*

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

Read testimonials from previous students here.

Meditation for Kids Workshop

"Let's explore new levels of awareness together!"

August 21st 2:00 - 3:00 pm

This class is designed to help kid's aged 5 - 10 turn chaotic situations into peaceful ones. In addition to grounding yoga poses and mediation for centering, this class will cover a theme topic and includes time for discussion and a creative project. The

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At the Studio

Congratulations Sarah!



Sarah won our July photo contest with this beautiful photo! Keep posting your photos on our wall for fun!

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combination of yoga and meditation will help children feel balanced and calm. Vicki's workshops are playful, interactive and fun.

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

Feel Good YTT Alumni

Come meet other Feel Good Yoga Teacher Training graduates, swap ideas and resources, learn, practice and grow with a community!

Sunday, August 21 1:30 - 3:30 pm

No registration required.

Featured Free Classes

Bring your friends and family so they can try out something new! In August we will be featuring:

Hatha Yoga - 10:00 AM on Aug 12th with Carmalita
Pilates Sculpt - 5:30 PM on Aug 23rd with Tara

Be sure to pre-register [here](#) as free classes tend to fill up quickly!

Retail Sale

25% off all aromatherapy items all of August!

Karma Exchange Program

Do you love **free yoga and pilates**? We are currently looking for volunteers to help keep our studio shine and run smoothly. In return you will receive free yoga and pilates classes.

If you or anyone you know may be interested, please contact Jenny at (250) 474 6935 or [email!](#)



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

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