



FEEL GOOD YOGA



## December 2011

Namaste,

Holidays are coming up fast. We have a 20% off sale on all the goods at the studio - hopefully this will help you if you are in a gift shopping frenzy.

We have recently become very involved in raising awareness about how our society treats the other precious beings on this planet. Here is a list of companies who are NOT relying on animal testing to test their products - please keep them in mind for your xmas shopping.

Christmas is the time of giving, but we would like it to be something we do throughout the year, so please let us know if you have a cause that you want us to support! Creating awareness is important and it changed the lives for these little ones. Little by little we can change the world.

Happy holidays!  
Pelle & Laura

## Store sale - 20% OFF! December 12 - 23

Come in and check out our retail items and take advantage of this great sale. We have a great selection of CD's, aromatherapy, and arriving this week, new halfmoon yoga products for anyone on your Christmas list. Free water bottle with each mat purchase.

### Quick Links

[Schedule](#)

[Fun pictures](#)

[Yoga Teacher Training](#)

[Pilates Teacher Training](#)

[Testimonials](#)

Bring a friend - [BuddyPass](#)

[Email us](#)

PETA cruelty / cruelty free

### At the Studio

Lot's of new Halfmoon products in the Store SALE - 20% off!

**December 12-23**



### In the Community

The Beagle Freedom Project



Seeing grass for the first time. Rescued Beagles looking for homes - never had one.

[Join Our Mailing List!](#)

## Karma Classes

### Featured Class - Karma Class Sunday- by donation

Sunday December 18

Come and support our amazing teacher trainees on Sunday evenings from 5:15 - 6:45pm.

All proceeds from December karma classes will be donated to the "Beagle Freedom Project."



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

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

## Holiday Schedule

### Christmas Holiday Hours

Closed Dec 24 - 26

Closed Dec 31 & 1

### Christmas Holiday Schedule

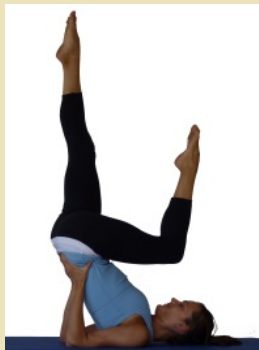
Dec 26 - Dec 30 & Jan 2

Two classes per day - 10am & 5pm

[Schedule page](#)

## February Pilates and Yoga Teacher Training Programs

Our new BCRPA approved Pilates Fitness Course - Mat Level 1 is scheduled to start on February 24, 2012. It is a 40 hour training that runs over two weekends. Pilates Mat Level II runs right after on March 23rd to 25th. Feel Good is one of only three schools in Canada approved by the Pilates Method Alliance. [More on Pilates teacher training...](#)



Our next yoga alliance approved 200 hour yoga teacher training starts Feb 17th. The Feel Good Yoga Teacher Training program is the only one in Victoria that will give you the opportunity to register your training with both Yoga Alliance and BCRPA. Early

bird registration is on now. [Register today and receive a \\$400 discount!](#)

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

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

## Pre-Registered Series Starting in January

**Toddler & Me Yoga** - Sat Jan 14 12:30 - 1:05pm - w/Christi  
**Pilates Essentials** - Sun Jan 15 1:45 - 2:45pm - w/ Dorinda  
**Baby & Me Yoga** - Wed Jan 18 11:45 - 12:45pm - w/ Merle

All series will run for 8 weeks and the cost is \$64.00, only \$8 a class, great deal!

Sign up now:

[Toddler & Me Yoga](#)

[Pilates Essentials](#)

[Baby & Me Yoga](#)

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



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

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Feel Good Yoga & Pilates | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada