



FEEL GOOD YOGA



January 2012

Namaste,

Hopefully the holidays have not left your pants too tight.

Happy New Year!

Pelle & Laura

JANUARY PASS SALE - Jan 7-15

We are starting the year with a sale on class passes. Shop [online](#) or at the studio. Stock up now for the spring!

Flex Pass 10 - \$ 89

One Month Unlimited Pass - \$ 89

Three Month Unlimited Pass - \$ 215

Available [online](#) from Jan 7th | [Forward this newsletter to a friend](#)

Free Classes - Jan 9-13

All downstairs classes are free January 9 - 13. Take the opportunity to bring friends and try out the different classes.

Save your spot - preregister [online](#) | [Forward this newsletter to a friend](#)

Quick Links

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PETA cruelty / cruelty free

At the Studio

January Sale

Shop online or at the studio

Jan 7 - 15

www.FeelGoodYogaVictoria.com
127-2745 Veterans Memorial Parkway
(250) 474-6935

FEELGOOD
YOGA & PILATES

In the Community

WildARC

Charity of the Month

Support our local wildlife
rehabilitation centre



[Join Our Mailing List!](#)

Pre-Registered Series Starting in January

Toddler & Me Yoga (age 3-4) - Sat Jan 14 - 12:30 - 1:05pm
with Christi. [Sign up now!](#)


Pilates Essentials - Sun Jan 15 - 1:45 - 2:45pm
with Dorinda. [Sign up now!](#)

Baby & Me Yoga - Wed Jan 18 - 11:45 - 12:45pm
with Merle. [Sign up now!](#)

Yoga for Kids (age 7-10) - Tues Jan 23 - 3:30 - 4:15pm
with Gillian. [Sign up now!](#)

All series will run for 8 weeks and the cost is \$64.00 (yoga for kids is \$56), only \$8 a class, great deal!

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

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to a friend 



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

Meditation for Kids Workshop

This workshop 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.

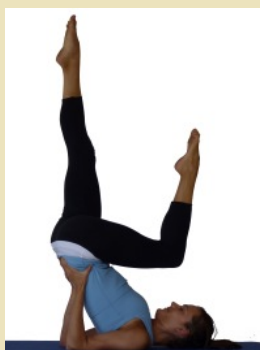
With: Vicki Bashista
Sunday, January 22, 2012
3:00 - 4:00 pm

[Register](#) | Call: (250) 474-6935 | [email](#) | [Read more](#)

Spring Pilates and Yoga Teacher Training Programs

Our new BCRPA approved [Pilates Teacher Training](#) - Mat Level 1 is scheduled to start on April 20, 2012. It is a 40 hour training that runs over two weekends. Pilates Mat Level II runs right after on May 18-20. Feel Good is the only school in Canada approved by the Pilates Method Alliance and BCRPA. [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!

A anatomy and fitness theory prep-course is scheduled for Mar 17-18 to help students prepare for the BCRPA fitness leader test.

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

Schedule changes starting January 9th

Tuesdays:

- Yoga for Runners - starts again later in the year

Wednesdays:

- Yogilates Level 1 - will be taught by Carmalita

- Hatha Flow Yoga - will be changed to 6:15 PM

Thursdays:

- Power yoga - cancelled

- Chakra yoga - will be changed to 6:15 PM

[Schedule](#) | [Bios](#) | [Testimonials](#)

Featured Karma Classes

Come and support our amazing teacher trainees on Sunday evenings from 5:15 - 6:30pm. Starting on January 8th - by donation.

All proceeds from January karma classes will be donated to the BCSPCA [WildARC](#) rehabilitation center for wild animals.

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



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

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