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FEEL GOOD YOGA



July 2011

Namaste Pelle,

Peace is every step.
The shining red sun is my heart.
Each flower smiles at me.
How green, how fresh all that grows.
How cool the wind blows.
Peace is every step.
It turns the endless path to joy.

- Thich Nhat Hanh

Shelf Cleaning Savings

Check out this fantastic deals on our beautiful products from July 1 - 15th:

20% off all:

aromatherapy, books, candles, cards, CDs,
clothing, equipment, jewellery, pottery

This sale is available at the studio until July 15th!

Pilates and Yoga Teacher Training

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At the Studio

Best Yoga Photo Contest



Upload your own to our facebook page, or ask us to take a photo of your favorite yoga pose. If your photo has the most "likes", you will win a 5 class flex pass and a steel

Our next [Pilates Teacher Training](#) program will run from September 11 - 27th. Find more information [here](#). There is still space in the program, so [register today!](#)

Our next [Yoga Teacher Training](#) program begins October 21st. *Be one of the first ten to register in any of our yoga programs and you will 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!

[See and read testimonials from previous students!](#)

Class Changes

As both Piia and Lindsay are away for the summer, we have made the following changes to the class schedule (effective immediately):

Strengthen & Tone Pilates Tuesdays 9:30 - 10:30 am
with Laura Phelps

Strengthen & Tone Pilates Thursdays 9:30 - 10:30 am
with Laura Phelps

Yoga for Seniors Thursdays 10:45 - 11:30 am
with Laura Phelps

Gentle Therapeutic Yoga Thursdays 6:50 - 8:05 pm
with Laura Phelps

Candlelight Gentle Flow Yoga Fridays 7:00 - 8:00 pm
with Christie Houser

Strengthen & Tone Pilates Sundays 9:15 - 10:15 am
with Laura Phelps

The following classes will be cancelled:

Yogilates Level 2 Wednesdays at 7:00 pm

Yogilates Level 1 Thursdays at 10:00 am

Power Yoga Sundays at 9:00 am

Meditation for Kids Workshop

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

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

water bottle! Runner ups will also prizes. Not to mention the fame and glory!

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Outside the Studio



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playful and interactive and she invites children aged 6 - 10 of all levels to join her.

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

Featured Free Classes

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

Yin Yoga Wednesday, July 6th 10:00 - 11:15 am
with Jacquie Peterson

Strengthen & Tone Pilates Sunday, July 24th 9:15 - 10:15 am
with Laura Phelps

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



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