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FEEL GOOD YOGA



June 2011

Namaste,

Congratulations to the Yoga Teacher Training class of 2011! Another group of fantastic teacher entering teaching community. If the goal is to deepen your practice or to pursue a career as a teacher this program can be the experience of a lifetime. The fall program filled up so quickly that we've added another one (see below).

With hopes of a long sunny summer,
Pelle

Summer Pass Sale - until June 13

The days are getting longer, and the weather is getting warmer - take lots of time to relax and enjoy life. But don't forget about your practice! Take advantage of our hottest sale (ever)!

- 1 Month - 20% discount - \$80 (\$60 student/military)
- 2 Months - 30% discount - \$140 (\$105 student/military)
- 3 Months - 40% discount - \$180 (\$135 student/military)

Only valid this summer. Any overlapping passes will be put on hold.

Available online and at the studio until June 13!

Quick Links

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At the Studio



Feel Good Yoga & Pilates
YTT Alumni

[June 26th, 1:30-3:30](#)

Outside the Studio

Yoga Teacher Training

Congratulations to all of our bright, new students signed up for the Fall Teacher Training! Since many of you showed interest in our upcoming program, we have decided to add a second program in the Fall!

Students have unlimited free access to all classes during the teacher training program! *Be one of the first ten registrants and receive the early bird discount!*

Find out more [here](#).



Summer is here!

Congratulations YTT Class of 2011!



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Contact Partner Yoga Workshop

Contact Partner Yoga is for everyone. This class works for people who have never done yoga before. We create a safe, fun environment for all. If you have been asking someone in your life to share yoga, this is your opportunity!

With Chris Brandt
Sunday, June 5, 2:00 - 4:00 PM

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

Meditation for Kids Workshop

This class is designed to help kid's aged 5 - 14 turn chaotic situations in to peaceful ones. Help them learn about and understand feelings and relationships and develop techniques to encourage long, restful sleep. Join our amazing instructor, Vicki and help your child deal with life in a positive way by giving them the skills to handle any situation they may encounter.

With Vicki Bashista

Saturday, June 11, 2:00 - 3:00 PM

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

Class Changes

We are taking a summer break on some classes. Please check out the updated class schedule [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, June 26, 1:30 - 3:30 pm

No registration required.

Cops for Cancer fundraising class

Join Stephanie McFarlane and many others to raise awareness and funds to **fight childhood cancer**. Read more about this worthy cause [here](#).

Sunday, June 26, 4-5 pm

No registration required.

Featured Free Classes

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

Sunday, June 5th, 9:00 - 10:15 AM

Power Yoga - Lindsay Hounslow

Thursday, June 16th, 6:50 - 8:05 PM
Gentle Therapeutic Yoga - Piia Swift

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



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

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