



FEEL GOOD YOGA



June 2012

Namaste,

Wahoo! We are moving into June weather, enjoying beautiful sun rises and calm sun sets as well as good times with friends and family. But don't allow your practice to slip away from you this summer. Join us at Feel Good - strike a pose, join us for pilates or just STOP and take a breath!

Yoga heals, nourishes, and challenges us. The practice infiltrates every corner of our lives.

~ Valerie Jeremijenko

Shanti,
Jenny

Deepen your practice - Yoga Teacher Training

Our next yoga alliance approved yoga teacher training starts September 21st. 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.

1. Register today and receive a \$200 discount!
2. Refer a friend and save another \$200!!
3. Pay in full before program start for another \$200!!!

Students also have unlimited free access to all classes during the teacher training programs!

Congratulations classes of 2012!

Quick Links

[Schedule](#)

[Fun pictures](#)

[Yoga Teacher Training](#)

[Pilates Teacher Training](#)

[Testimonials](#)

[PETA cruelty / cruelty free](#)

At the Studio

Karma Classes

various awesome teachers
by donation

Sundays

5:15 - 6:30 PM

In the Community

Charity of the Month
Broken Promises Rescue



brokenpromisesrescue.com

[Join Our Mailing List!](#)



[Read more](#) | [Testimonials](#) | [Pictures](#) | [Application form](#)

NEW! Yoga Inspired Clothing

We will be carrying a brand new yoga inspired clothing line called "Radiant" by Kelly Waters from Saltspring Island. Everything is screen printed by hand by Kelly and the apparel we will be carrying is eco-conscious and WRAP rated, which means that the factories it works with overseas all adhere to strict labour guidelines, ensuring all employees have a safe work environment.

Next time you are at the studio check out the selection of yoga inspired clothing including, tanks, tee's, sweats and more!!

Summer Office Hours

Our wonderful staff are here half an hour before classes start and will leave after the last class starts. For other hours call the studio first (250-474-6935).

Check out our schedule posted on the door and on our [website](#) for more detailed information.

Forward this email
to a friend



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

Fruit & Nut balls

The perfect cruelty free pick
me up energy bar!
By our newest yoga teacher
- Caley

DownDAWG yoga Karma Classes

DownDAWG yoga is BACK at Feel Good in June. Join Caley for a fun fitness inspired yoga class, with fun beats and above all a great workout!! All levels welcome!

When : Saturday June 9 and 16

Time : 12:30 -1:30p

Cost : by donation to [Broken Promises Animal Rescue](#)

For more info about downDAWG visit the website at [downDAWG Yoga](#).

June Featured Karma Class Broken Promises Animal Rescue

Come and support our talented teacher training graduates every Sunday evening in June for a class **by donation** to a worthy cause from 5:15 - 6:30 PM.

June's proceeds go to Broken Promises Animal Rescue, a non-profit animal rescue in Victoria, helping local homeless animals find forever homes! Broken Promises runs solely on donations from the public and through the help of dedicated volunteers. Visit their wonderful organization at [Broken Promises Rescue](#).

www.brokenpromisesrescue.com

