



March 2012

Namaste,

Spring is in the air! Go outside and enjoy!

Namaste!
Pelle

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. Register today and receive a \$200 discount!

Refer a friend and save another \$200!

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

Congratulations classes of 2012!



Quick Links

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At the Studio

Karma Classes
various awesome teachers
by donation
Sundays
5:15 - 6:30 PM

In the Community

Charity of the Month
Lupus Canada



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Join us for a Noon Yoga Break Class!

Escape from your desk and bring breathe and movement to your day!
Join us for a 45 min Yoga Class every Wednesday from 12:10 - 12:55 pm.

When : 8 weeks series Feb 29 - April 18
(class may be extended, stay tuned)

Cost : Use your current pass or purchase a pass to use for any class at the studio.

March Retail Sale - 20 % off all CD's

All CD's are 20% during March. Pick up some relaxing yoga music today.

30 Day Challenge in April

Stay tuned for our first ever 30 day Yoga Challenge starting in mid-April! Get into the routine of a daily practice and feel great. Awesome incentive and prizes!

Karma Exchange Opportunities

It's that time again, we are looking for Karma Staff!
If you are interested in working at the front desk or cleaning please fill out our [karma application](#) and email to studio (no phone calls please).

Calling All Artists

Do you have beautiful artwork that you would like to display at the studio? We are looking to display yoga or nature inspired artwork... Contact the studio if you are interested.

Fruit & Nut balls

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

Yoga for Teen Girls (ages 16-19) is back!

Join our talented Carmalita for an exhilarating yoga class that will leave you with a calm mind and an energized body.

Wednesdays 4:15 - 5:15 PM

Postponed a week, starting up again March 7 - April 25

8 session series for only \$80.00 - sign up right here.

Next Series for Preregistered classes

You can drop-in to these classes if there is space. Call the studio or sign up online for each class:

Toddler & Me Yoga (age 3-5) - Sat March 31 - May 19
12:30 - 1:05pm / with Caley

Pilates Essentials - Sun March 11 - April 29
1:45 - 2:45pm / with Dorinda.

Baby & Me Yoga - *Tues March 27 - May 15
*11:30 - 12:30pm / with Merle.
***note change change in Day and Time**

Yoga for Kids (age 7-10) - Tues March 27 - May 15
*3:45 - 4:30pm / with Gillian.
***note change in time**

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)

TC10k - Feel Good Runners

Join the Feel Good Runners team for the 23rd annual Times Colonist 10 km run on April 29th!

The yoga for runners class recently started and we will start up a running group (probably Saturday mornings) to get ready.

Register at [TC10k online](#) and select "Feel Good Runners" in the team details section (if you joined the wrong team you are still welcome).

Featured Karma Classes - LaceUp4Lupus

Come and support our amazing teacher trainees every Sunday evening from 5:15 - 6:30pm - by donation

Help to support our recent Yoga Teacher Graduate Kirsten Dibblee in her fundraiser "LaceUp4Lupus" in support of Lupus Canada and the Walk for Lupus.

Walk for Lupus 2012 is celebrating its 11th successful year of bringing people living with lupus and their families and friends together to generate support for a cause that has greatly affected their lives.

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

Lost and Found Items

It seems as though water bottles have taken a liking to living here at the studio. Unfortunately our lost and found is overflowing with water bottles, shoes, clothes, and other stuff.

If you are missing anything, check out the bins (under the bench to the left) on your next class visit and see if you can be reunited with your belongings!



At the end of March all items will be donated to local charity organizations to make room for new items to be lost.



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

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