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FEEL GOOD YOGA



May 2011

Namaste Laura,

There were kids swimming in Langford lake today! Spring is here and summer is coming!

Namaste,

Pelle

Yoga Teacher Training

Our next Yoga program begins September 16th. Students have unlimited free access to all classes during the teacher training program! *Register today and you will receive a \$400 discount + a bonus month of free classes!*

Find out more about our upcoming **Yoga Teacher Training** programs [here](#).

Class Changes

New Instructors

Yoga for Runners with Trish Bartlett
Tuesdays 8:30 - 9:30 pm

Power Yoga with Lindsay Hounslow
Sundays 9:00 - 10:15 am

Hatha Flow Yoga with Sandra Smith
Sundays 10:30 - 11:45 am

Special Karma Class

FREE Parent & Child Yoga with Qita Reindler
Saturday, May 28th 2:30 - 3:30 pm

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At the Studio



Feel Good Yoga & Pilates
Teacher Alumni formed!

Outside the Studio

Classes out for the summer

Entirely Paulates Mondays 9:45 am
Power Yoga Tuesdays 5:40 pm
Strong & Streamlined Tuesdays 7:10 pm & Thursdays 7:00 pm
Core & More Pilates Thursdays 11:30 am
Vibrant Flow Yoga Fridays 5:00 pm
Hatha Yoga Sundays 1:30 pm
Pure Pilates Sundays 3:00 pm

Class changes are in effect as of May 1st. Find our Summer Schedule [here](#).



Summer is coming!

Join Our Mailing List!

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Open into Spring: A Yin Yoga & Chinese Medicine Workshop

Throughout this 3 hour practice we will attune to the wood element and the theme of spring from the perspective of Chinese Medicine by exploring:

- a long yin practice
- a gentle active practice
- a short meditation with instruction
- food, herb and cleansing choices for the season

With Jenn Rankin
 Saturday, May 7
 1:00 - 3:00 PM
 \$50.00 plus tax

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

Mother's Day Partner Yoga Workshop

This Mother's Day, we invite you to join us for a blissful, relaxing, and entertaining Partner Yoga Practice! Open to moms and non-moms of all ages and ability, we encourage you to share with your Mom, friend, child, sibling, or partner. All levels are welcome, you do not need yoga experience to participate.

With Sarah Clifford & her wonderful mother
 Sunday, May 8
 2:00 - 5:00 PM
 \$30.00 plus tax/ person

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

Spring Clothing Exchange & Drive

We know how liberating it feels to give, give, GIVE! Since it's that time to clean out your closet, rid the clothing articles that you no longer use and bring them down to the studio for a Clothing Exchange & Drive. Look around through the other items and collect anything that you desire! Anything that isn't picked up during the exchange will be donated to Victoria's **Women In Need Community Cooperative**.

Saturday, May 14

1:30 - 3:30 PM

Find more information [here](#). No registration required.

DOWNdawg Yoga Level 2 Workshop

DOWNdawg Yoga is busting down barriers and captivating yogis all over the west coast of Canada. We offer the chance to get into your favorite yoga flow sequences, get your heart rate pumping while rocking to electric beats throughout class. No dance experience is necessary!

With Amy Allen

Sunday, May 15th

2:00 - 5:00 PM

\$75.00 plus tax

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

Featured Free Classes

Bring your friends and family so they can try out something new!

In May we will be featuring:

Gentle Therapeutic Yoga with Connie Rose

Tuesday, May 10th 10:45 - 12:00 PM

Yoga for Runners with Trisha Bartlett

Tuesday, May 24th 8:30 - 9:30 PM

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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