



FEEL GOOD YOGA



## May 2012

Namaste,

Flowers blooming, bee's a buzzin', everything is coming out of hibernation and spring is finally here!

May is the time to relax and enjoy! So take a moment to go outside, smell a flower, breathe the ocean air, pet a dog and notice that we live in one of the most beautiful parts of the world!

"Be like a flower and turn your face to the sun."  
- Kahlil Gibran

Jenny

## May PASS Sale - May 14 - 22nd

Stock up for the summer with a 4 month unlimited pass! This pass will take you right to September when we often have a sale and exceptionally good offers on class passes (wink wink). The 4 month Spring pass is \$275.

There is also the Spring flex pass - 12 for 10 classes - \$110

## Mother's Day Partner Yoga class

Join us for a fun interactive partner yoga class on Sunday May 13th with Gillian & Jenny.

Don't have a mom in town, no problem! You can bring anyone to be your partner.

Day: Sunday May 13th

Time : 2 -3:30pm

Cost : use your current pass

Sign up [online](#) or phone the studio for more info.

### 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

The Ancient Forest Alliance



[www.ancientforestalliance.org](http://www.ancientforestalliance.org)

[Join Our Mailing List!](#)

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## May Long Weekend Schedule

Friday May 18th	Hatha Yoga - 10:00 - 11:15a
Sat May 19th	Power Yoga - 8:15 - 9:15a Pilates Sculpt - 9:30 - 10:30a Hatha Flow Yoga - 10:45 - 12:00p
Sun May 20th	Ab Attack - 9:15 - 10:15a Hatha Flow Yoga - 10:30 - 11:45a Yin Yoga - 12:00 - 1:30p <b>NO KARMA CLASS</b>
Mon May 21st	Yogilates Level 1 - 10:00 - 11:15a

For more information [email](#) or call (250-474-6935)

### Fruit & Nut balls

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

## Noon Break Yoga Class Continues!

So our Noon Break Yoga Class is going to continue into the beautiful spring weather! So more motivation for you to get outside and enjoy a mid week break!

Did you know that everyone who has a pass at Feel Good is able to use a "Buddy Pass" to bring a friend or co-worker who has never been here for FREE! Yay!

Join us for a 45 min Yoga Class every Wednesday  
12:10 - 12:55 pm.

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

## Karma Exchange Opportunities

It's that time again, we are looking for Karma Staff, especially cleaners at this point. If you love a sense of order and cleanliness email me with the application below at: [jenny.fgy@gmail.com](mailto:jenny.fgy@gmail.com)

If you are interested in working at the front desk or cleaning please fill out our [karma application](#) and email it to studio (no phone calls please).

## May Featured Karma Classes Ancient Forest Alliance

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

**NO CLASS MAY 20th**

Help support our recent Yoga Teacher Graduates and the Ancient Forest Alliance this month. Visit their website at: [www.ancientforestalliance.org](http://www.ancientforestalliance.org) to read more about their cause!

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



Web: [www.FeelGoodYogaVictoria.com](http://www.FeelGoodYogaVictoria.com) | Email: [info@FeelGoodYogaVictoria.com](mailto:info@FeelGoodYogaVictoria.com) | Phone: (250) 474-6935

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