



FEEL GOOD YOGA



September 2011

Namaste!

As you travel life's highway, don't forget to stop and eat the flowers.
Ebba, Tundra and Elektra
(our wise and beloved Labradors)



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At the Studio

Labour Day Classes:

Yogilates Level 1
10:00 - 11:15 AM
and
Gentle Therapeutic Yoga
5:30 - 6:45 PM

[Join Our Mailing List!](#)



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

Fall Sale (Sept 5-16)

Feel Good Yoga & Pilates are excited to be kicking off the Fall season with these sale offers starting September 5th:

Pass	Sale Price
5 Class Flex Pass	\$50
10 Class Flex Pass	\$90
Unlimited Three Month	\$200
Unlimited Six Month	\$350
Unlimited Annual	\$600

Prices listed do not include HST. Passes are available Sept 5 for purchase at the studio or [online](#).

Free Classes (Sept 12-16)

We have full schedule this Fall. Take this opportunity to try out some new classes. Bring your friends and family as well. All downstairs classes are free - be sure to pre-register [here](#) as free classes tend to fill up quickly!

Fall Schedule

Thank you for all the feedback in the class survey! As a result we have a huge (34 classes) new schedule starting September 12th. Check out the [Fall schedule here](#).

Pre-registration Classes

To really fill up the schedule we have added another 11 [pre-registration classes](#) to try out some new classes that may otherwise not run. Morning, lunch, and kids classes are on the list. We need a minimum of 5 participants to run each pre-registered class, so if you would like to see these classes run - sign up now!

You can pre-register with any pass or purchase the series at a discounted price. [Read more here](#).

Pilates and Yoga Teacher Training

The Westshore has a demand for Pilates Teachers! **Pilates Teacher Training** will begin September 9th. There is still space in the program, so [register today](#), or find more information [here](#).

There are a few spots left in our Fall **Yoga Teacher Training** programs. *Register today and receive a \$400 discount + a bonus month of free classes!*

Students also have unlimited free access to all classes during both all of the Feel Good teacher training programs!

Read testimonials from previous students [here](#).

Meditation for Kids Workshop

September 18th, 2:00 - 3:00 pm

This class is designed to help kid's aged 5 - 10 turn chaotic situations into peaceful ones. In addition to grounding yoga poses and mediation for centering, this class will cover a theme topic and includes time for discussion and a creative project.

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

Karma Exchange Program

Do you love **free yoga and pilates**? We are currently looking for volunteers to help keep our studio shine and run smoothly. In return you will receive free yoga and pilates classes.

If you or anyone you know may be interested, please contact Jenny at (250) 474 6935 or [email!](#)



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