



FEEL GOOD YOGA



July 2012

Namaste,

Finally the summer is hot, hot, hot! We hope you will enjoy the following joke as you take a break from all of that summer fun:

This fellow was climbing a tree when suddenly he slipped. He grabbed a branch and was hanging there. After an hour or so passed, he was feeling exhausted. He looked up to the heavens and cried out to the universe for help. "Help me, please, help me, he said".

Suddenly the clouds parted and a deep voice resounded, "Let Go!" The guy paused and looked up at heaven once more, and said: "Is there anyone else up there with a more comfortable solution?"

Don't let your practice go and risk feeling uncomfortable! Come see us at Feel Good for a more comfortable solution.

Love and joy!
Laura

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!

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

Happy 145th!



[Join Our Mailing List!](#)



Yoga Teacher Training Testimonial

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

Forward this email
to a friend 



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

*"Let us be grateful to
people who make us happy;
they are the charming
gardeners who make our
souls blossom."
- Marcel Proust*

Pilates Teacher Training - early bird discount

Our next Pilates Teacher Training is coming soon and starts April 20th! This course includes the history of pilates, philosophy and principles, breathing techniques, basic teaching methodology, and much more. Visit the [pilates teacher training page](#) for all the details.

Early bird registration is on now until September 14th.
Register today and receive a \$100 discount!

Early Bird \$499, after September 14 price is \$599

September 28-30 plus October 12-14, 2012

Friday	5:30 - 9:30 PM
Saturday and Sunday	8:30 AM to 5:00 PM (Break 12:30 to 1:00)

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



Pilates Teacher Training Testimonial

[Testimonials](#) | [Pictures](#) | [Register](#) | [More](#)

Summer Office Hours

Our wonderful karma 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.

Summer Retail Clear out!

Help us make room for fresh new items!!

40% off small retail items, including CD's, jewelry, pottery, book, and candles.

Not including aromatherapy or yoga props.

July Featured Karma Class - Victoria Cool Aid Society

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.

July's proceeds go to the [Victoria Cool Aid Society](#) who raise money and awareness for health and wellness programs in Victoria.



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



[Forward email](#)



This email was sent to agerup@shaw.ca by info@feelgoodyogavictoria.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Feel Good Yoga & Pilates | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada