



FEEL GOOD YOGA



August 2012

Namaste Pelle,

"As you travel life's highway, don't forget to stop and eat the flowers."

-Ebba, Tundra and Elektra (our wise Labradors)

Love and joy!

Laura



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At the Studio

Karma Classes

various awesome teachers
by donation

Sundays

5:15 - 6:30 PM

In the Community

WestShore Community Awards 2012-a celebration of the West Shore's finest citizens, businesses, employees and more!



It's that time again! Westshore Community Awards!

The WestShore Community Awards 2012 are currently taking nominations! If there is anything you that you think we are doing well, we would be so grateful if you would please let them know!

Nominations take about 5 minutes to complete. You can review the award categories and info at [Westshore Awards](#) and nominate anyone on the [Online Nomination Form](#) here.

Nominations end **August 19th**. We appreciate any and all support from our wonderful Feel Good community!

[Join Our Mailing List!](#)

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to a friend



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

Yoga Teacher Training Savings

Our next Yoga Teacher Training course starts September 21st! 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!

Register now! - call 250-474-6935 or [email](#).



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

"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 Sept 28th! This course is perfect those who wish to deepen their practice and/or become Pilates teachers. 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!

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!

Register now! - call 250-474-6935 or [email](#).



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

September SALE and FREE classes at Feel Good!

Don't miss our amazing September SALE from Sept 7th to the 23rd! Get fabulous deals on passes that will keep you feeling good, throughout the year!

The FREE week runs from Sept 10th to the 16th! We will simultaneously be doing a food bank drive. If you have any extra cans of food at home, please bring them for those in need.

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.

Website Launch Party

Saturday, September 8th

Hooray! We are just about to launch our new website! We would like to celebrate this epic event with you in our home! All Feel Good teachers, clients, karma staff and friends of friends are most welcome! We will be sharing food, drinks and prizes galore. We will be holding a Google+ raffle so brace yourself to win a Feel Good class pass and/or something amazing from our retail store!

August Civic Holiday Long Weekend Schedule

Friday Aug 3rd	Hatha Yoga - 10:00 - 11:15a
Saturday Aug 4th	Power Yoga - 8:15 - 9:15a Pilates Sculpt - 9:30 - 10:30a Hatha Flow Yoga - 10:45 - 12:00p
Sunday Aug 5th	Core Plus - 9:15 - 10:15a Hatha Flow Yoga - 10:30 - 11:45a Yin Yoga - 12:00 - 1:30p NO KARMA CLASS
Monday Aug 6th	Yogilates Level 1 - 10:00 - 11:15a

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

August Featured Karma Class Outward Bound Woman of Courage

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

August proceeds go to the [Outward Bound Canada](#) in their trek along the 740km Yukon River Quest Canoe marathon to raise funds and awareness for Outward Bound Canada's Woman of Courage programs!



Outward Bound CANADA



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

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