



April 2014

Namaste Laura,

Spring has sprung!

Enjoy the welcoming breeze as it carries the sweet enticing whirls of springtime bliss.

With any season, especially spring we may feel a need to be more grounded, present, and balanced. Welcome the stir of spring with feelgood exercises to help you connect to the Earth and yourself. Enjoy your regular classes or try something new! Bring a friend for the first time for a Buddy Pass, sometimes we may need a little motivation to get the change ball rolling.

Gratitude Friends,

Feel Good Team

"From the end spring new beginnings."
~ Pliny the Elder

Spring SALE starts April 1st!

Stock up on our spring sale and get ready for summer!

Sale runs from Tues April 1st - Fri April 18th

20 Class Flex Pass - \$199+tax (Regular \$240)

Purchase [ONLINE HERE](#)

Our best deal is the Auto Renew for \$99 a month
(one year min commitment)

Purchase [ONLINE HERE](#)

All flex passes can be shared and have a 2 year expiry from purchase date. All unlimited passed activate upon first visit.

Quick Links

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In the Community

Celebrate Earth Day

Tues April 22

Celebrated every year on April 22, Earth Day is the largest environmental event in the world. Millions of Canadians, especially children, participate in activities to help better understand their connection with the Earth.

Show gratitude for the beauty around you, make everyday Earth Day!



MINDBODY Connect - a great app!

Check the schedule, sign up, check in and

Levitation Workshop - today!

Swami Yad Sloof Slirpa teaches an unforgettable levitation workshop at Feel Great Yoga & Pilates. Students can expect to be proficient in Levitation in only 98 minutes. Some students will be able to float up to 13 inches above sea level. This is a skill with endless opportunities - don't miss out, sign up now!

more from your phone.



Use the Buddy System - Bring anyone for their 1st class and it's on US!

Know someone who wants to try yoga or pilates?

Our buddy pass has always been in effect, however we wanted to bring your awareness to it as it is a fantastic way to bring someone for their first visit on US!

See you soon!

At the Studio

Wow, thanks for your generous donations. We raised \$ 140 for Broken Promises Animal Rescue!



Good Friday & Easter Schedule

Hope you all have a wonderful Easter holiday with family and friends! Please note our Easter Schedule below:

Fri April 18	Inner Power Pilates	9:30 - 10:30a
	Hatha Yoga	10:00 - 11:15a
Sat April 19	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30 - 10:30a
	Hatha Flow	10:45 - Noon
Sun April 20	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
	NO Karma Class	
Mon April 21	Yogilates	10:00 - 11:15a

Sign up online [HERE](#) or drop in early to make sure you have a spot.

Happy Easter!

Best in Victoria!



Thank you all who voted for us!



How to write a [Google+ review >>>](#)



TripAdvisor is talking about us!

[Share your experience - leave a comment!](#)

[>>>](#)

Summer Intensive Yoga Teacher Training



The next yoga teacher training program starts July 14th!

Early bird \$1895+tax which includes a bonus month of unlimited free yoga and pilates classes. A payment plan is also available to all early-bird applicants!

[Email](#) or phone 474-6935 to register now!

Tons of perks for students and graduates - up to 70% discount on classes following graduation and 20% off most retail at the studio. Check out our [yoga teacher training webpage](#) for more information.

[Register now!](#)

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

Summer Pilates Training!

The Summer Pilates Mat Level I is scheduled for the three weekends of June 13, 20, & 27

Fridays	5:30 PM - 9:30 PM
Saturdays & Sundays	8:30 AM - 5:00 PM

Early bird \$699+tax which includes a bonus month of unlimited free yoga and pilates classes.

[Email](#) or phone 474-6935 for more info!

[Sign up now! >>>](#)

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

April Sunday Karma Class MS Society of Canada

Come and support our talented teacher training graduates Sunday evenings in April with a Hatha Yoga class.

Details:

Time: 5:15 - 6:30 pm

Day: Sun April 6, 13, 27

Cost: Min \$2 donation for everyone

Help support the "Millennium Stars" a group who will be walking in the MS walk on Sun April 13th. All proceeds will go directly to the Vancouver Island Chapter.

Visit the [MS Society](#) for more details and events to help support vision.

Our latest addition...

[Check out our boards](#)

[>>>](#)

Eat Your Veggies!



Lemon-Mint Snap Peas & Lima Beans

Delicious and light!

[Join Our Mailing List!](#)

Forward this email
to a friend 

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."
~Buddha

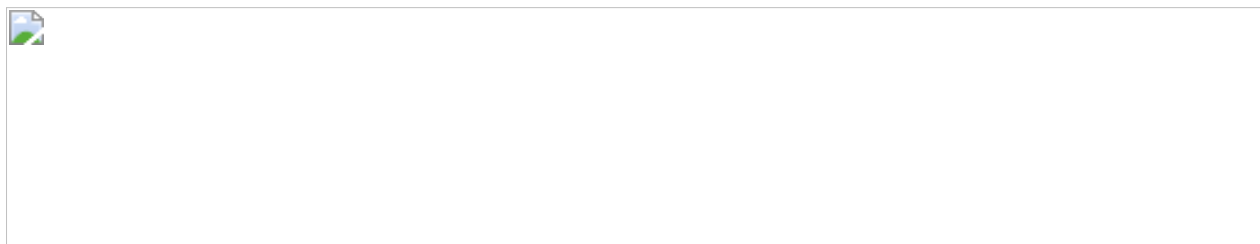
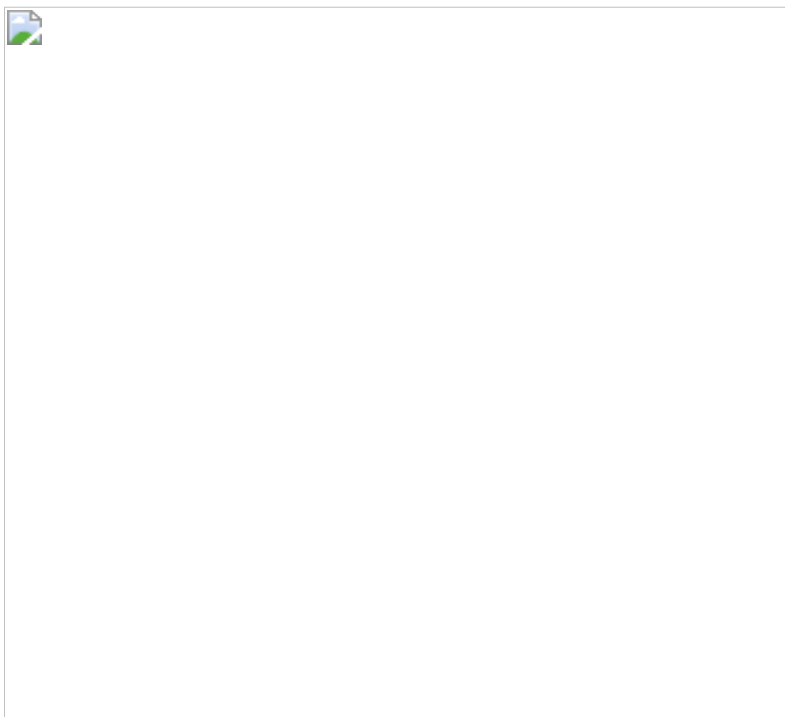


Sign up online [HERE](#) to reserve your spot in the class.



Private Classes

Interested in a couple of hours private instruction with one of your teachers? We are piloting private or semi private sessions now. Contact the studio to check for availability. Private classes are also available as gift certificates.



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

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