



Feel Good
Yoga & Pilates



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April 2015

Namaste Laura,



Spring has sprung!

"It is spring again. The earth is like a child that knows it's poems by heart."

Ranier Maria Rilke

Spring is a time of renewed energy and inspiration! Sow the seeds of health and wellness by joining us for classes at Feel Good! We look forward to seeing you soon in our Spring inspired classes!

Love & Light,

Feel Good Team

Levitation Workshop - today!

Swami Yad Sloof Slirpa will teach an unforgettable levitation workshop at Feel Great Yoga & Pilates. Students can expect to be proficient in Levitation in only 43.5 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!

Community News



The next TC 10km is
April 26th



Celebrate Earth Day
April 22



Bike to Work Week
May 25 - 31

Feel Good Blog!

Subscribe [HERE](#)



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

Spring SALE starts April 1st!

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

Sale runs from Wed April 1st - Mon April 20th

10 Class Flex Pass - \$109+tax
(Regular \$140 -no limits)

Purchase [ONLINE HERE](#)

3 Month Unlimited Pass - \$299 +tax
(Regular \$360 - 2 per person)

Purchase [ONLINE HERE](#)

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

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

Stay in the Loop and Receive Notifications!

It is easy to stay connected! Email reminders can be a great way to get a heads up if you would like to know when your pass is almost up or if you have gotten into a class that you were previously wait-listed for.

All you need to do is log into mind-body online and follow these simple steps:

1. go to "my info" tab in top right corner
2. click "edit" in the first column under your personal info
3. check the notifications below

Subscribe to email reminders & notifications



Subscribe to our newsletter & promotions



You can also ask our desk staff to check it off for you!

****Remember to mark us as "safe sender" or "not junk" in your email inbox so you can receive updates****

Good Friday & Easter Schedule

Hope you all have a wonderful Easter holiday with family and



TripAdvisor is talking about us!

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



Our latest addiction...
[Check out our boards](#)

[>>>](#)

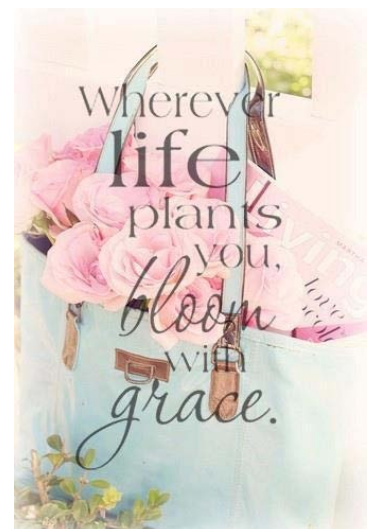
~Spring Bliss~



Potato and Green Bean Asparagus Salad

[Join Our Mailing List!](#)

Forward this email to a friend



friends! Please note our Easter Schedule below:



Fri April 3	Inner Power Pilates	8:45 - 9:45a
	Hatha Yoga	10:00 - 11:15a
Sat April 4	Reformer	8:15 - 9:15a
	Pilate Sculpt	9:30 - 10:30a
	Hatha Flow	10:45 - 12:00p
Sun April 5	Core Plus	9:15 - 10:15a
	LED Power Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
Mon April 6	Yogilates	10:00 - 11:15a
	NO Evening Classes	

Sign up [ONLINE](#) to save your space.

Happy Easter!

Summer Intensive Yoga Teacher Training Level 1

The next Yoga Teacher Training program starts July 13th with the fabulous Dana Carter!

Early bird is \$1895+tax. We have extended the same perk as with the part time program - a 6 month free pass to use for any class at our studio!

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

We extend tons of perks to our students and graduates - up to 70% discount on classes following graduation and 20% off retail at the studio! Check out our [summer yoga teacher training intensive page](#) for more information.

[Register now!](#)

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

June Pilates Training

The Fall Pilates Mat Level I is scheduled for the three weekends of June 12, June 26, and July 3.

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](#)

Current Schedule Updates

Class	Update
Reformer Class	Addition of Class Effective Mon April 13th 11:30 - 12:30 pm Instructor Jenny Hindley

All changes are reflected in the [schedule](#)

New - \$10 Drop-in Discount

We have added a drop-in discount pass to our discount options. This sweet deal is \$10 (with tax) and can only be purchased at studio with proof of ID. This pass applies to everyone in the discount category - seniors, students (min 16), military, and emergency service workers.

Preregistered Baby & Me Yoga

Join us for another round of 6 classes of our popular Baby & Me classes (up to 9 months) with Jenny Hindley! Have fun, laugh, and smile with your baby. It is a great way to enjoy the benefits of yoga while creating friendships with other new mothers and giving your baby an introduction to yoga!

This will be our last session until the fall

Details:

Day:	Monday April 20 - June 1 (NO Class May 18)
NEW Time:	12:45-1:45p
Cost:	6 classes for \$72+tax
Purchase:	ONLINE HERE

As this is a specialty class, we require participants to purchase the series separately (even if you have a pass at

the studio) so we know if we have a guaranteed number of 8 participants to run the class.



Feel Good Yoga & Pilates Blog

Our blog is now in full swing! Subscribe [HERE](#) and learn more about yoga, wellness and so much more!

During this time of year you may be traveling to exciting holiday destinations. With travel comes sitting for prolonged periods of time and carrying heavy items. Please find our recent post about how to incorporate yoga for a more comfortable trip!

Chair Yoga for Travel



BUDDY PASS

Bring a new person for their 1st class on us!

Sometimes it takes the helpful support of a friend to go to a new place for the first time. We understand and would like to offer your friends a free first class at Feel Good.

How does it work?

Any time you bring someone NEW with you to our studio THEY will receive a buddy pass. There is no limit to how many buddies you bring (as long as they are new to Feel Good).



"I get by with a little help from my friends"
~ John Lennon

Reformer Classes

At this time we are including the Reformer classes as part of your regular pass, come in and try a class!

We currently have 9 Reformers at Feel Good so the maximum number of students will be 9 per class. Spots are reserved on a first come, first serve basis. Reserve your spot online [HERE](#).



Workplace Yoga & Pilates Classes

Wellness programs at work are continuing to be on the rise. More and more workplaces want to bring movement and awareness exercises into the workday. Studies have shown such programs keep employees healthy, productive, and above all happy!

Whether you are a school, a corporation, an organization or any other type of workplace, we are delighted to provide Yoga and Pilates for your employees.

Visit our [Workplace Classes Page](#) for all details



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

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