



## August 2014

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Namaste Laura,

Happy BC Day!

Celebrate one of the most beautiful places on Earth! Reconnect with nature by walking the stunning beaches, taking in the smells of sweet cedar, and picking a few blackberries along the way! (yes they are here!)

We are nearing the end of our 40 Day Challenge and we cannot say how proud we are that there are so many taking part in the challenge - taking their practice to the next level!

To celebrate the continuous community support, join us for an OPEN House Saturday September 13th. Enjoy sample classes, great deal on passes, proceeds to local foodbank and much more!

Gratitude Friends,

The Feel Good Team

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FALL  
Open house

Come celebrate our local community  
All proceeds to Westshore Food Bank

Mark your Calendar for Sat Sept 13th  
10-3pm

## Quick Links

[Schedule](#)

[My Account](#)

[Fun pictures](#)

[Yoga Teacher Training](#)

[Pilates Teacher Training](#)

[Testimonials](#)

[Cruelty/cruelty free](#)

[Pinterest](#)

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In the Community  
Goldstream  
Summer Market  
has started! Shop  
local, eat local!  
Check out Market  
details for times  
and location.

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## Retreat?

One of our former  
teachers is putting  
this on in Costa Rica -  
sounds pretty  
awesome!



## In Studio

Congrats to those  
going strong in the  
Challenge.

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MINDBODY  
Connect - a  
great app!

Meet our staff and instructors, explore our beautiful space, enjoy sample classes, door prizes, sweet deal on passes, and so much more!

Stay tuned for more details!

Check the schedule, sign up, check in and more from your phone.



## BC Day Schedule

Fri Aug 1	Inner Power Pilates	8:45 - 9:45a
	Hatha Yoga	10:00 - 11:15a
Sat Aug 2	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30 - 10:30a
	Hatha Flow	10:45 - 12:00p
Sun Aug 3	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
	Chakra Yoga	1:30- 3:00p
	NO Karma Class	
Mon Aug 4	Yogilates	10:00 - 11:15a

Sign up online [HERE](#) to reserve your spot

Where are you heading this weekend? Enjoy!



## At the Studio

Check out some new goodies at our retail store, malas, halfmoon goods, and aromatherapy.



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



TripAdvisor is talking about us!

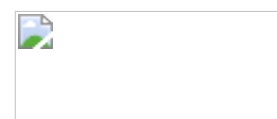
[Share your experience - leave a comment!](#)

[>>>](#)

## Fall Pilates Training!

The Fall Pilates Mat Level I is scheduled for the three weekends of Sept 26, Oct 3, Oct 24

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



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

[>>>](#)

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

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

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

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## Fall Yoga Teacher Training Level 1

The next yoga teacher training program starts Oct 17th!

Early bird \$1895+tax which includes a bonus month of unlimited free yoga and pilates classes.

[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](#)

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## Summer Family Yoga Class

Join us on Sunday August 24th for a Family Yoga Class! Bring the whole family together with a family fun inspired yoga class, all ages/levels welcome!

Purchase pass below to secure your spot.

Details:

Day: Saturday August 24th, 2014

Time: 3:30-4:15p

Cost: Purchase and enroll [HERE](#) for both  
\$5 per Adult  
\$2 per Child  
(cost applies to all, studio flex passes/unlimited pass cannot be used)

## Celebrate Summer



Summer Recipes!

Grilled veggies, salads, and sandwiches

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[Join Our Mailing List!](#)

[Forward this email to a friend](#)

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"Stay close to what keeps you feeling alive."  
-anon





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## Summer Schedule Changes

Due to positive feedback, the Friday Morning Inner Power Pilates has been changed to 845-945a moving forward.

Class will be held in the downstairs studio.

Please sign [online](#) to reserve your spot!

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## August Karma Class All Proceeds to benefit our local BCSPCA

Support a great cause and enjoy a Hatha Yoga class delivered by our talented yoga teachers!

Details:

Time: 5:15 - 6:30 pm

Day: Sun Aug 10, 17, 24,

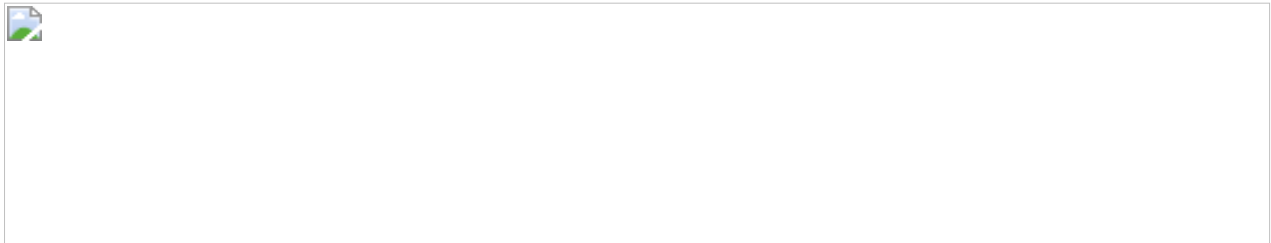
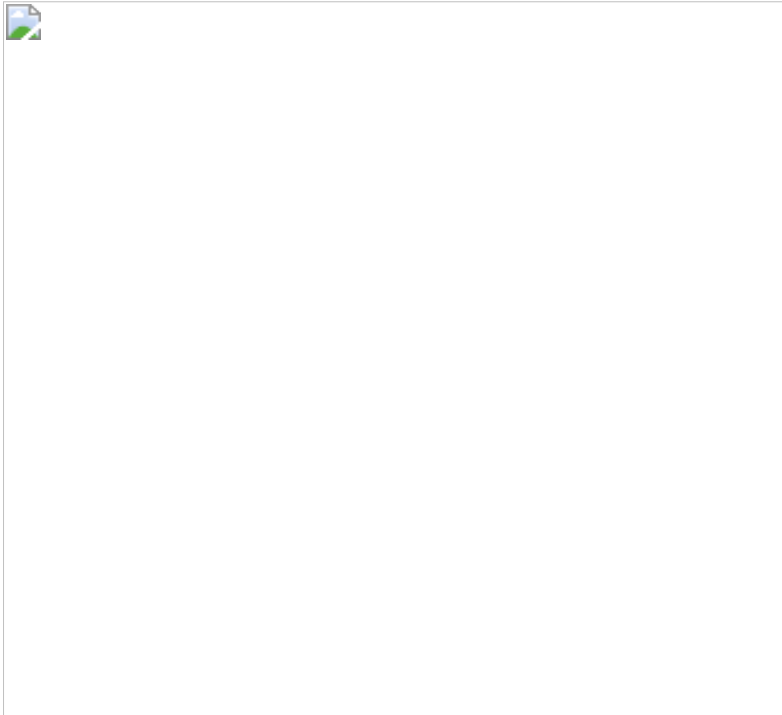
Cost: Min \$2 donation for everyone

The British Columbia Society for the Prevention of Cruelty to Animals ([BC SPCA](#)) is a not-for-profit organization dedicated to protecting and enhancing the quality of life for domestic, farm and wild animals in British Columbia.

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](http://www.FeelGoodYogaVictoria.com) | Email: [info@FeelGoodYogaVictoria.com](mailto:info@FeelGoodYogaVictoria.com) | Phone: (250) 474-6935

[Forward email](#)

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