



Feel Good
Yoga & Pilates



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December 2014

Namaste Laura,



Happy Holidays!

Tis the season for family, friends, and good times! With all the hum of gift giving and festivities, it can be easy to forget to take some time to restore and refresh yourself. The greatest gift you can give friends and family is the joy of seeing you healthy, happy and stress free throughout the holiday season.

Celebrate the Christmas season with mindfulness and creativity! Nourish your mind, body, and spirit by enjoying good food, good company, and your favorite classes at Feel Good!

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

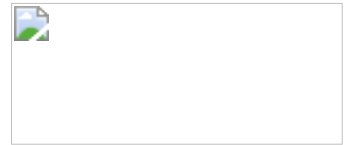
~ Calvin Coolidge

Joy and gratitude,

The Feel Good team

New Bodycare Products

We are proud to carry **Huckleberry Hill** handmade and local products! Great gift for anyone in your family - choose from soap, salt scrubs, lip balms and more!



At the Studio

Spread some holiday cheer this year! New malas, books, aroma, and handcrafted goodies!



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

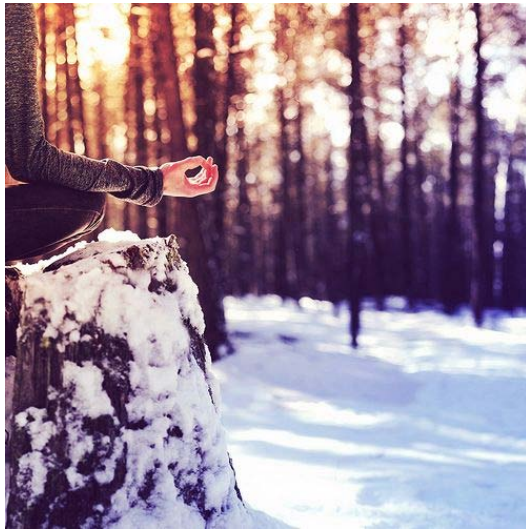
Christmas Retail Sale - 20% off December 1st - 23rd

With Christmas coming up, take this opportunity to support local buyers and handmade beautiful products!

Starting Dec 1st ALL retail items will be 20% off. Choose from a selection of eye pillows, aromatherapy, new local and handmade body care products, and so much more!

Gift Certificates

We have gift certificates for any class pass available at the studio. Please contact the studio to purchase the gift of wellness for friends and family!



TripAdvisor is talking about us!

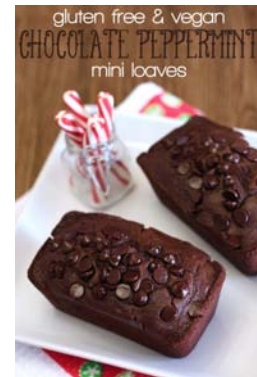
[Share your experience - leave a comment! >>>](#)



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

[>>>](#)

Choc - Mint Loaf



GF & Vegan Chocolate
Pep Mini Loaves

Christmas Schedule

The last day of our regular schedule will be Tuesday Dec 23rd. We will be closed Dec 24, 25, 26, 31, and Jan 1st.

We will resume our regular schedule on Sat Jan 3, 2015.

Join us for our special schedule from Dec 27th - Jan 2nd. Please remember our office hours are 1/2 an hour before class times start.

Schedule Change
Bellyfit Flow has been cancelled. Stay tuned for fresh classes in the new year!

Check out our holiday schedule [HERE](#)

[Join Our Mailing List!](#)

Forward this email to a friend 



Pilates Reformer Training Jan 17th!!



We have just received reformers and thrilled to offer a training program for the new year!

The Reformer Training is scheduled for the 3 weekends: Jan 17 &18, Jan 31 & Feb 1, and Feb 14 &15.
Prerequisite: Level 1 Mat Pilates

By the end of the course you will be able to teach a Reformer class or personal training sessions to different levels of ability .

Early bird \$599+tax (reg \$799), a deposit of \$250+tax is required to save your spot. You will also receive a free bonus of one month unlimited pass, good for all yoga and pilates classes at studio!

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

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

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

Winter Training 2015 Yoga Teacher Training Level 1

There is space still available in our next yoga teacher training program starting Feb 27, 2015.

Early bird is \$1895+tax. This includes free classes during the training and an extra month of unlimited free yoga and pilates classes.

[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 most retail at the studio! Check out our [yoga teacher training webpage](#) for more information.

[Register now!](#)

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

Mark your Calender!!
Free Week of Classes Jan 12 - 18, 2015!
Stay Tuned for our New Years Sale

Start off 2015 on a healthy note. Enjoy a FREE week of classes from January 12th to January 18th, donations to

food back will be graciously accepted. Spread the word to family and friends who have yet to try our classes!

Find all details in our January newsletter.



Stay tuned for the next Preregistered Baby & Me Yoga

We are running 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 gives your babies a chance to bond and try yoga as well!

Details:

NEW Day:	Monday, stay tuned for dates
NEW Time:	11:30-12:30p
Cost:	6 classes for \$72+tax

As this is a specialty class we require participants to purchase the series (even if you have a pass at the studio) so we know we have a guaranteed number of participants to run the class.

Details to be in the January Newsletter.



Looking for Karma Staff for Jan 2015

We are seeking stellar front desk people to be part of our karma program for the new year. If you consider yourself savvy with computers, people, and wellness we would love to hear from you!

The shifts would be in the evening, between 2-3 hours. In return for your work you would receive unlimited classes to the studio.

Please email info@feelgoodyogavictoria.com for an application. We look forward to hearing from you!

December Karma Class All Proceeds to Sierra Club "Stretch Across BC"

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

Details:

Time: 5:15 - 6:30 pm

Day: Sun Dec 7, 14

Cost: Min \$5 donation for everyone

November Karma Class proceeds will go towards **Pull Together** -- an initiative to provide financial support to First Nations and moral support for everyone on the front lines against Enbridge. "Stretch Across BC" helps raise funds to support First Nations by holding fundraising yoga classes.

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



Private Classes

Interested in a couple of hours of 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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