



Feel Good
Yoga & Pilates

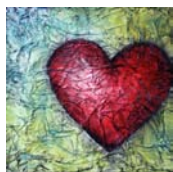


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February 2015

Namaste Laura,



February is Heart Month!

Practice being heart healthy by choosing to practice the activities that nourish your body, mind and soul! Join us for Yoga or Pilates after spending time at work or outdoors to lift your spirits and keep your body moving!

When we think of Yoga, we often think of the healthy effect it has on our minds. We have great news for Yoga lovers though! Recent studies released by the European Society of Cardiology are showing that Yoga has the potential to be effective in improving cardiovascular risk factors, specifically in regard to the reduction in the risk of heart attacks and strokes. WOW! For more information about these studies, please check out the article:

http://www.eurekalert.org/pub_releases/2014-12/esoc-yht121114.php

Take this month to activate what feeds your soul so that you may shine bright for the rest of the year!

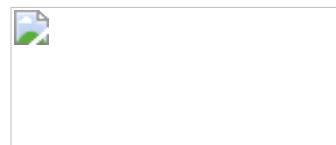
"Always listen to your heart, because even though its on your left side, its always right." ~ Nicholas Sparks

Joy and gratitude,

The Feel Good team

New Bodycare Products

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



In the Community



Visit our friends at Stillpoint Acupuncture! They now have 2 locations - click below for a voucher.

[FREE Treatment](#)



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

Family Day Weekend

Hope you all have a wonderful Family Day Weekend!



Weekend schedule will be the same except for Monday Feb 9th, no evening classes.

Mon Feb 9	Yogilates	10:00 - 11:15
Special Class	Kids Yoga Class	11:30 - 12:15

All Details for Kids Yoga Class Below

Family Day Event Kids Yoga Class (ages 5-10)

Join us on Monday February 9th for a fun filled Kids Yoga class for ages 5-10. Parents are welcome to participate as well :)

Purchase a pass below to secure your spot.

Details:

Day: Mon Feb 9, 2015

Time: 11:30-12:15p

Cost: \$5 per child

Enroll and Purchase Pass [HERE](#)

(cost applies to all, studio flex passes/unlimited pass cannot be used)



Spots available for February! Yoga Teacher Training Level 1

There is space still available in our next part-time 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

TripAdvisor is talking about us!

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Winter Bowl



Warm + Roasted Winter Salad Bowl

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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](#)

Bellyfit Flow Event Special Fundraiser Feb 22

Join Andrea Ting-Letts, co-founder of the Bellyfit Flow™ format, for a special fundraiser class. Partial proceeds will be donated to the [Men's Trauma Centre](#), a local Victoria organization that provides support and resources for men who are survivors of abuse, violence, PTSD and other forms of trauma.

Bellyfit Flow™ unites a rhythmic yoga flow with signature Bellyfit™ movement inspired by Belly Dance, Bollywood and African Dance. This class, designed exclusively for women, encourages you to connect with your feminine energy, for full description click [HERE](#).

Day: Sunday Feb 22

Time: 5:30 - 7:00 pm

Cost: \$20 (with partial proceeds to donation)

How to Purchase: Click [ONLINE](#) to purchase and enroll
(No studio passes can be used for this offering)



Curious? Click [HERE](#) to watch Andrea speak and demonstrate what Bellyfit is all about!

Current Schedule Changes

Class	Effective Change
Friday AM Pilates Circuit	Changing back to

Inner Power Pilates
(mat pilates) Feb 6

Sunday AM Hatha Flow

Class name is being changed
to "Led Power Yoga"
Description is changing to
reflect class - see
description [HERE](#)

Wed Noon Yoga
Break Class

Cancelled effective Feb 4

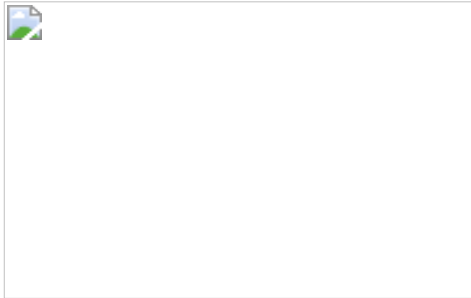
BUDDY PASS

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 Lenon

Reformer Classes

At this time we are including the Reformer classes as part of your regular pass.

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](#).



March Pilates Training

The Fall Pilates Mat Level I is scheduled for the three weekends of March 6, March 20, and April 17.

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](#)

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 Feb 16 - March 23th

NEW Time: 11:30-12:30p

Cost: 6 classes for \$72+tax

Purchase: ONLINE [HERE](#)

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



FREE Week Raffle Winners

Congrats to the 3 lucky winners who won our raffle during free week.
Enjoy your One Month Unlimited Pass!!

Tracey Marshall
Gina Montgomery
Karalyn Joyce

Also HUGE thank you to our wonderful community for all the food bank donations!

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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