



Feel Good  
Yoga & Pilates



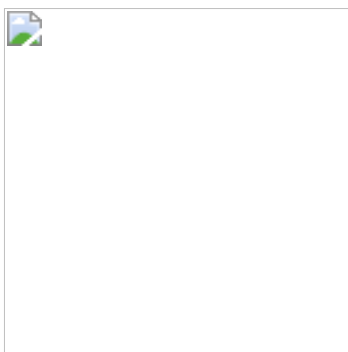
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January 2015

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Namaste Laura,



## Welcome 2015!

January is a time to refresh and renew, to let go of anything that is no longer serving us, and open up to a healthier happier version of ourselves!

People can be hard on themselves in January as they try to keep New Year's resolutions that are often so extreme, they may not even be healthy. Take a moment... practice compassionate awareness and acknowledge yourself for whatever progress and positive changes you made over the past year. Sometimes the smallest changes have the most profound effect on our happiness. Make compassionate, realistic goals for the coming year.

Check out our FREE Week of classes from Fri Jan 10 to Thurs Jan 16!! It is a fabulous time to try something new! We have so many different types of classes to choose from. Pick something that will help you achieve your goals, one class at a time!

"The book is called Opportunity, and the first chapter is New Year's Day" ~ Edith Lovejoy Pierce

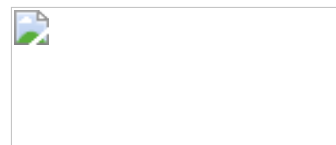
Joy and gratitude,

The Feel Good team

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## 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!



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## At the Studio

New malas, books, aroma, and handcrafted goodies for the new year!



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

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# January Pass SALE!

## Sale from Fri Jan 2 - 16

To go along with our FREE week - get fabulous deals on passes that will keep you feeling good, centered, strong and healthy throughout the year!

Awesome time to stock up!

Flex Pass 10 - \$109 +tax  
(regular \$140, no limits)

Purchase [HERE](#)

Intro Unlimited One Month Pass - \$39 +tax  
(new clients only, 1 per person)

Purchase [HERE](#)

\*\*Unlimited passes activate on first visit. Flex passes have a 2 year expiry from purchase date and can be shared\*\*

Purchase online or at studio

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## Start YOUR year off right!

### FREE Week Starts Jan 10th!

During the week of Jan 10-16th all classes are FREE!  
Welcome the new year by adding some motivation and fitness to your wellness routine.

Our [week of free classes](#) is a great time to introduce new people to our beautiful studio and all it has to offer. Bring your friends and family so they can experience first hand our wonderful instructors and classes.

During the free week we will be collecting cash and food donations for the Westshore Food Bank, so if you have any extra cans of food at home - good time to cycle through your emergency preparedness supplies. Food donation is entirely optional and also greatly appreciated.

Our schedule is posted online with times and instructors. We highly recommend that you sign up online to ensure you get into your favorite class.

Visit our [FREE Week page](#) for all details!



TripAdvisor is talking about us!

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

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Our latest addiction...

[Check out our boards >>>](#)

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### Try a Smoothie!



Healthy Smoothies to start your day!

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[Join Our Mailing List!](#)

Forward this email to a friend

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## 2015 Schedule Updates

We are so excited to have fresh new faces, new classes, and YES - Reformer classes have been added to the schedule starting Jan 6th! With these changes we have had to adjust some regular classes. Please see the updates below:

Vinyasa Yoga	Cancelled - last class will be Sat Jan 3rd at 8:15am Will be changing to Reformer class Jan 10th
Gentle Flow Yoga	OLD Time - 10:45 - 12:00 NEW Time - 10:30- 11:45 Starting Thurs Jan 8th
(EM)Power Yoga	Starts Thurs Jan 8th at 6:15-7:30 in upstairs studio.

For all class descriptions and Reformer classes  
please see our schedule [HERE](#)

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## Reformer Classes

We have added Reformer Classes to our  
schedule starting January 6th, 2015!

For a limited time as a trial period, 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](#).



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## Pilates Reformer Training Jan 17th!

We have just received reformers and thrilled to offer a [new 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](#) (or equivalent).

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

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](#)

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## Spring Training 2015 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 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!](#)

## 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 <a href="#">HERE</a>

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.



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## Looking for Karma Staff for Jan 2015

We are seeking outgoing 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 are in the evening and are between 2-3 hours long. In return for your work you receive unlimited classes to the studio.

Please email [info@feelgoodyogavictoria.com](mailto:info@feelgoodyogavictoria.com) for an application. We look forward to hearing from you!

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# 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)



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

[Forward email](#)

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