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July 2014

Namaste Laura,

Happy Birthday Canada!

Hope you have a memorable Canada Day weekend filled with fun in the sun and memories with friends and family! Now that the warm weather has officially hit, remember to take the time to stay cool on the inside and out.

Some simple tips for summer wellness include drinking lots of fluids, getting up early, and daily meditation, which helps to keep your mind cool and calm (like a cucumber ;) Nourish your practice with delicious twists, forward folds, and gentle inversions to help you during this fiery time of year.

Our 40 Day challenge starts Friday July 4th, a great way to stay motivated and keep your practice thriving!

Gratitude Friends,

Feel Good Team



P.S. Gotta ask - at some point you gave us your email address so we can send you this newsletter. If you no longer wish to receive the newsletter click on the SafeUnsubscribe link at the bottom of this email.

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

In Studio
Mark your calendar

Summer Challenge
Starts July 4th!

MINDBODY Connect - a great app!

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



At the Studio

Kick Start your practice! 40 Day Summer Challenge is BACK!

Join us for our Summer Challenge! Bring your practice back to life this summer! During this time of year we may fall into the business of it all and miss out on feeling good on the inside and out.

They say it takes 40 days to make a significant change and start a new habit. We would be thrilled to help you transform and attain your goals. Whether it be to cultivate strength, calmness, focus, better digestion or whatever you are personally working on, we are here to facilitate your wellness.

Details: Starts Friday July 4th - Ends Tuesday Aug 12

Pass details: If you currently have an unlimited pass you are welcome to join the challenge.

If you do not have an unlimited pass, you can purchase the 40 day challenge pass [HERE](#) for \$99 +tx.

Visit our [40 day Challenge Page](#) for complete details



We support our BC Teachers!

Feel Good would like to acknowledge the consistent hard work and dedication of our BC teachers by offering a FREE One Month Pass!

Start your FREE One Month Pass before July 31st.

Simply come into studio and show a proof of employment and we will happily get you started!

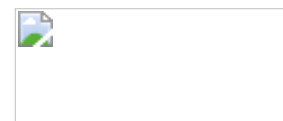
Check out some new goodies at our retail store, malas, halfmoon goods, and aromatherapy.



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



TripAdvisor is talking about us!
[Share your experience - leave a comment!](#)
[>>>](#)

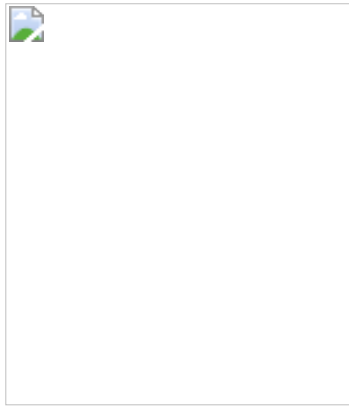


Our latest addiction...
[Check out our boards](#)
[>>>](#)

Flavour Surprise!




Chickpea Radicchio Wrap



Indulge in bitters this summer, enjoy this tasty treat!

Join Our Mailing List!

Forward this email to a friend 

"To Live is the rarest thing in the world, most people just exist."
~Oscar Wilde

Winners of the Summer Photo Contest are...

1. First prize- Jessica Bell
2. Second prize - Adrienne Bly Wigg
3. Third prize - Kathy Freeman



Congratulations Ladies!!!



Winner Jessica - Beach side Pilates!

Summer Intensive Yoga Teacher Training

The next yoga teacher training program starts July 14th!

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](#)



Stock up on our summer sale!

Mark your Calendar!
Sale runs from Monday July 14 - 28th

10 Class Flex Pass - \$109+tax (Regular \$140)

All details will be on price page [HERE](#)
(reminder email with link will be sent by the July 14th)

NO limit on how many you can buy
2 year expiry from purchase date

Did you know?

Our best deal is the Auto Renew for \$99/month
(one year min commitment)
Purchase [HERE](#)

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

Summer Family Yoga Class

Join us on Saturday July 20th 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 July 20th, 2014

Time: 3:30-4:30p
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)



Summer Schedule Changes

Belly Fit Flow Cancelled July 31st

Friday Morning Inner Power Pilates has been changed to 845-945a on July 18, 25, Aug 1, 8 in the downstairs studio (will resume Aug 15th from 9:30-10:30a in upstairs studio)

NEW CLASS!

We have decided to run the Chakra class on Sundays as a drop in class starting Sunday June 15th 1:30 - 3:00pm.

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

July Karma Class

All Proceeds to benefit our local BCSPCA

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

Details:

Time: 5:15 - 6:30 pm

Day: Sun July 6, 13, 20, 27

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.



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.

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

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

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

Looking for a Karma Handyman

We are looking for a handyman or handywoman in exchange for classes at the studio. If you consider yourself savvy with basic carpentry, plumbing, electrical and general maintenance, we would love to hear from you!

Please email info@feelgoodyogavictoria.com if you are interested.

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

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