



June 2014

Namaste Laura,

Welcome back Sunshine!

Happy times, sunshine, salty air, sun kissed hair...all signs summer is on it's way! In your summer travels take a moment and capture your favorite yoga/pilates pose and enter our Summer Photo Contest.

Stay motivated to keep on track with your practice this summer by participating in our 40 day challenge!

Looking forward to an amazing summer to FEEL GOOD!

Gratitude Friends,

Feel Good Team

"The best kind of therapy is Beach Therapy"



Summer Photo Contest!

Strike your favorite pose in your favorite summer spot and be entered in our contest.

Contest runs until June 27th.

3 Easy Steps

1. Strike your fav yoga/pilates inspired pose outside in your chosen summer spot.

Quick Links

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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

Check out some new goodies at our retail

2. Post your pic on OUR [Facebook](#) page and ask your friends to like your picture.

3. Three winners will be chosen.

1. The photo with the most Likes - Prize~One month unlimited pass along with a basket of goods from our retail shop (\$50 value)
2. One random draw - Prize~One month unlimited pass
3. One "best picture" - Prize~One month unlimited pass

Go to the [website for more instruction and contest rules](#).



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 - 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

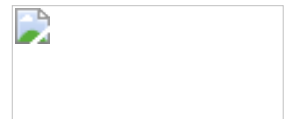
store, malas, halfmoon goods, and aromatherapy.



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



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



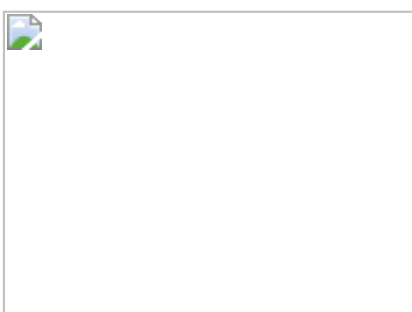
Our latest addiction...
[Check out our boards](#)
[>>>](#)

Fresh n' Tangy!



Summer Peach Salsa

Tangy & Sweet, just what the summer ordered!



Join Our Mailing List!

Forward this email
to a friend 

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](#)

"~Summer~
Hair gets lighter, skin gets darker.
Water gets warmer, drinks get colder.
Music gets louder, nights get longer.
Life gets better.
~ anon



Summer Pilates Training!

The Summer Pilates Mat Level I is scheduled for the three weekends of June 13, 20, & 27

Fridays 5:30 PM - 9:30 PM

Saturdays & Sundays 8:30 AM - 5:00 PM

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](#)

Summer Schedule Change

Beginner Yoga last class is Tues May 27th and will resume in

the fall.

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!

Canada Day Long Weekend Schedule

Enjoy your Canada Day festivities!

Fri June 27	Inner Power Pilates	9:30 - 10:30a
	Hatha Yoga	10:00 - 11:15a
Sat June 28	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30 - 10:30a
	Hatha Flow	10:45 - 12:00p
Sun June 29	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
	NO Karma Class	
Mon June 30	Yogilates	10:00 - 11:15a
Tues July 1	Strengthen and Tone Pilates	9:30- 10:30a
	Gentle Therapeutic Yoga	10:45- 12:00p

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



June Sunday Karma Class Do it for Dad's Walk/Run

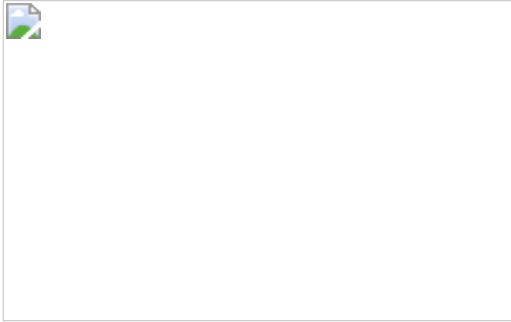
Support a great cause and enjoy a Hatha Yoga class delivered by our talented yoga graduates!

Details:

Time: 5:15 - 6:30 pm
Day: Sun June 15 and 22
Cost: Min \$2 donation for everyone

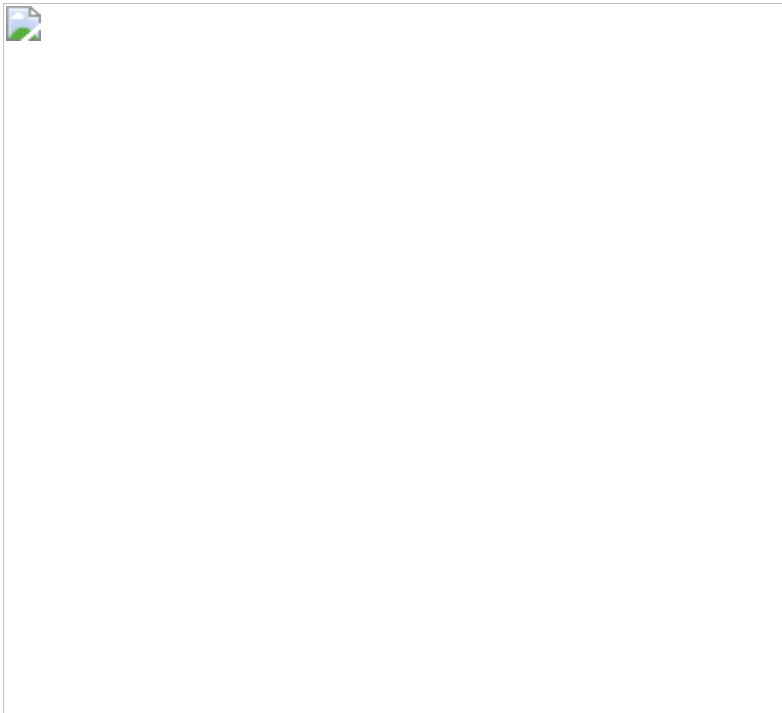
Do it for Dads is an annual family-oriented event that takes place on Father's Day. Since its inception 13 years ago, it has grown to attract over 600 participants and volunteers annually, over the years raising an incredible \$770,000 to help support local men and their families. Visit the [Prostate Centre Website](#) for all details!

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

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