



Feel Good
Yoga & Pilates



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March 2015

Namaste Laura,



Move over winter! Spring is on it's way!

Spring is approaching -- that magical time when nature reawakens! The days become longer, and buds start peeking through the earth - we are so blessed living here!

Leap into Spring with us at Feel Good by enlivening your mind, balancing your muscles and allowing twists to detox your body and mind. Challenge your core strength, stability and balance with pilates and reformer classes! Both are guaranteed to fire you up for the spring!

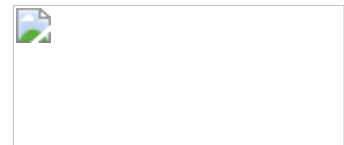
"Train yourself to find the blessing in everything."
~ Fiona Childs

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!



Feel Good Blogs!

Check out our [Blog](#), updated weekly!



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

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.



TripAdvisor is talking about us!

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

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

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

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

Summer Intensive Yoga Teacher Training Level 1

The next Yoga Teacher Training program starts July 13th with the fabulous Dana Carter!

Early bird is \$1895+tax. We have extended the same perk as with the part time program - a 6 month free pass to use for any class at our studio!

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

[Register now!](#)

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Chocolate love



Raw Chocolate Vegan Pudding

[Join Our Mailing List!](#)

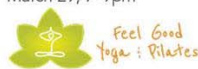
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Nourish & Restore this Spring

THAI MASSAGE & RESTORATIVE YOGA

Relax and rejuvenate as you are taken on a deeply restorative journey. Alexandra and Michelle fuse the ancient healing techniques of Thai Massage and Restorative Yoga to create an experience that will rejuvenate your mind, body and spirit.

Feel Good Yoga and Pilates
127-2745 Veterans Memorial Parkway
March 29; 7-9pm



Investment: \$50
(cash or cheque) || Please contact the studio or Alexandra to reserve your spot: 250.858.0656.



Alexandra Pony (left) is a 200hr Certified Yoga Teacher, 300hr Yoga Therapist, Thai Massage Practitioner and Reiki Master. Michelle Giles (right) is a 250 hr Certified Yoga Teacher, 300 hr Yoga Therapist and Thai Massage practitioner.



live in the sunshine.
swim in the sea.
drink the wild air.
-Emerson



Give yourself a special gift of Self Care this spring!

Day: Sunday March 29

Time: 5:00 - 7:00 pm

Investment: \$50 cash or cheque ONLY

How to Reserve: Contact studio or Alexandra to reserve your spot - 14 max

Current Schedule Changes

<u>Class</u>	<u>Change</u>
Tuesday Reformer Class at 8:15am	Effective March 10th Instructor change to Sarah Honkanen
Tues Pilates Sculpt at 5:45pm	Effective March 10th being changed to Reformer class with Sarah Wysiecki
Wed Reformer Class at 8:45 - 9:45am	Effective March 11th with Carmalita Heron

All changes are reflected in the [schedule](#)

Stay tuned for more reformer classes to be added in the near future!

Feel Good Yoga & Pilates Blog

Our blog is now in full swing! Subscribe and learn more about yoga, wellness and so much more!

Check out our recent blog post on one of the most important yoga poses - Savasana

[Saving the Best for Last -
The Amazing Benefits of Savasana](#)



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 Lennon

Reformer Classes

At this time we are including the Reformer classes as part of your regular pass and working on adding more classes!

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](#).



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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