



May 2014

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Namaste Laura,

Hooray for May! - Embrace May with full arms!

We may quickly lose ourselves in our day to day activities and forget about the simple things which help to embrace the goodness in our lives. One of the best ways to connect is to embrace the Earth, watch the tides come in and out or go out for an evening walk to watch the sunset. Allow this current of goodness to travel with you on your your mat for your yoga and pilates practice.

Gratitude Friends,

Feel Good Team

"May my soul bloom in love for all existence."
~ Rudolf Steiner

In the Community

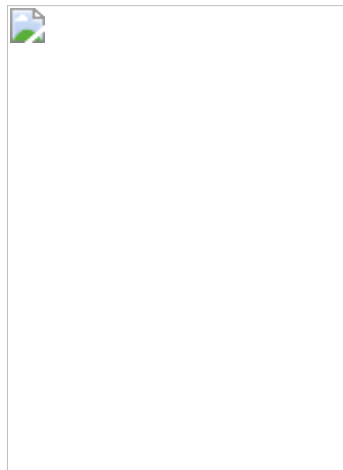
MINDBODY Connect - a great app!

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



Cast your Votes for Best in the City 2014!

We would LOVE to have your vote for the best studio in Greater Victoria! Please complete this short survey **HERE** to support your local Feel Good studio!



At the Studio

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



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 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](#)

Use the Buddy System - Bring anyone for their 1st class and it's on US!

Know someone who wants to try yoga or pilates?

Our buddy pass has always been in effect, however we wanted to bring your awareness to it as it is a fantastic way to bring someone for their first visit on US!

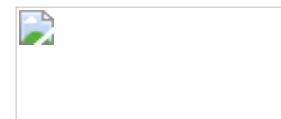
See you soon!



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

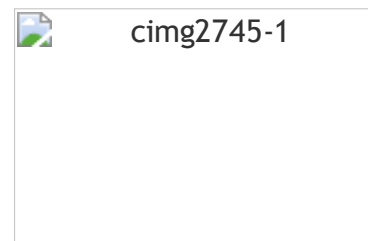


TripAdvisor is talking about us!
[Share your experience - leave a comment! >>>](#)



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

Maple Goodness!



Walnut Chocolate Chip
Spelt Cookies

Treat yourself with this
wholefood sweet!

[Join Our Mailing List!](#)

[Forward this email to a friend](#)

"May you have enough happiness to make you sweet, enough trails to make you strong, enough sorrow to keep you human, and hope to keep

Victoria Day Weekend

you going."
~ lovequotesplus.com

Enjoy the first long weekend of the summer!!
Please note our May Long weekend Schedule.



Fri May 16	Inner Power Pilates	9:30 - 10:30a
	Hatha Yoga	10:00 - 11:15a
Sat May 17	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30 - 10:30a
	Hatha Flow	10:45 - Noon
Sun May 18	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
	NO Karma Class	
Mon May 19	Yogilates	10:00 - 11:15a

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



May Sunday Karma Class

Cystic Fibrosis Annual Great Strides

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 May 4, 11, 25

Cost: Min \$2 donation for everyone

Support the Victoria Chapter of Cystic Fibrosis Canada 10th Annual Great Strides walk to help find a cure! For more information about their amazing work visit [Cystic Fibrosis Canada](#).

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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