



Feel Good
Yoga & Pilates



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May 2015

Namaste Laura,

Greetings!

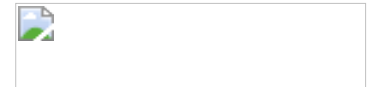
May is a beautiful time where we begin to transition from spring to summer. What with all the spring cleaning and planting of gardens, it can be easy to get a sore back and pain in your joints. Let us help you with classes to strengthen your core and stretch out your aching back muscles! Make time to take care of yourself at Feel Good :-)

"Keep your face always towards the sunshine and shadows will fall behind you."
~Walt Whitman

Love & Light,

Feel Good Team

Mother's Day Treat!



Bike to Work Week
May 25 - 31

Feel Good Blog!

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Mother's Day Thai Massage & Restorative Yoga

Where:
Feel Good
Yoga & Pilates

When:
May 10;
7:00-9:00pm

Investment:
\$50/ person
Mother's Day
Treat:
Bring a friend
& you receive
\$5 off



Relax and rejuvenate as you are taken on a 2-hour deeply restorative journey. Alexandra + Michelle fuse the ancient techniques of Thai Massage and Restorative Yoga to create an experience that will nourish the mind, body and soul.



Alexandra Pony is a Yoga Teacher (RYT 200), Yoga Therapist, Reiki Master + Thai Massage Practitioner. Michelle Giles is a Yoga Teacher (RYT 250), Yoga Therapist +

Payment & registration to be made at the studio, please see all details on poster.

~Sweet & Delicious~



Mexican Haystacks

Join Our Mailing List!

Forward this email
to a friend

Celebrate Mother's Day
Sunday May 10th



Victoria Day Holiday Schedule

Enjoy a fabulous weekend with family & friends!

| | | |
|------------|---------------------|----------------|
| Fri May 15 | Inner Power Pilates | 8:45 - 9:45a |
| | Hatha Yoga | 10:00 - 11:15a |
| Sat May 16 | Reformer | 8:15 - 9:15a |
| | Pilate Sculpt | 9:30 - 10:30a |
| | Hatha Flow | 10:45 - 12:00p |
| Sun May 17 | Core Plus | 9:15 - 10:15a |
| | LED Power Yoga | 10:30 - 11:45a |
| | Yin | 12:00 - 1:15p |
| Mon May 18 | Yogilates | 10:00 - 11:15a |
| | NO Evening Classes | |



Sign up **ONLINE** to save your space.

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!](#)

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

Fall Pilates Training

The Fall Pilates Mat Level I is scheduled for the three weekends of Sept 25, Oct 2, and Oct 16.

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](#)

New - \$10 Drop-in Discount

We have added a drop-in discount pass to our discount options. This sweet deal is \$10 (with tax) and can only be purchased at studio with proof of ID. This pass applies to everyone in the discount category - seniors, students (min 16), military, and emergency service workers.

Feel Good Yoga & Pilates Blog

Our blog is now in full swing! Subscribe [HERE](#) and learn more about yoga, wellness and so much more!

Some days we feel full of energy and our bodies are looking for a challenge, other days, we are more reflective and are looking to relax. Luckily, Feel Good Yoga and Pilates offers a variety of yoga class in Victoria, BC. This post discusses how to make an informed decision to get the most from your yoga class.

Choosing a yoga class



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 Update

In order to keep the high level of teaching at Feel Good we are adjusting the pass structure of the reformer classes starting June 1st , 2015.

Stay tuned for more details

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](#).



Workplace Yoga & Pilates Classes

Wellness programs at work are continuing to be on the rise. More and more workplaces want to bring movement and awareness exercises into the workday. Studies have show such programs keep employees healthy, productive, and above all happy!

Whether you are a school, a corporation, an organization or

any other type of workplace, we are delighted to provide
Yoga and Pilates for your employees.

Visit our [Workplace Classes Page](#) for all details



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

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