



## November 2014

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Namaste Laura,

~Cozy up for November~

As the fall winds howl through the trees and the rain waters our island rainforests, stay warm with us at Feel Good and reap the rewards of a regular practice. Strengthen and heat up your core with pilates! Stretch and balance your muscles in your favourite Yoga class!

All Hallows Eve is just around the corner... Enjoy all the spooky fun and stock up on our sweetest deals ever until the end of our sale on Oct 29th!

We Witch you a Happy Halloween :)

The Feel Good Team

"When black cats prowl and pumpkins gleam, may luck be yours on Halloween." ~unknown~

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## Quick Links

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[Testimonials](#)

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## At the Studio

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

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

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**REMINDER!!**  
**Fall Sale Ends Wed Oct 29th**



Fall Pass Sale 30% OFF Select Passes  
Retail Sale 25% OFF

## Use promo code - FALL30

Flex Pass 5	\$52.50 +tx (reg \$75)	Purchase <a href="#">HERE</a>
Flex Pass 10	\$98 +tx (reg \$140)	Purchase <a href="#">HERE</a>
Flex Pass 20	\$168 +tx (reg \$240)	Purchase <a href="#">HERE</a>
Unlimited 1 Month	\$98 +tx (reg \$140)	Purchase <a href="#">HERE</a>
Unlimited 3 Month	\$252 +tx (reg \$360)	Purchase <a href="#">HERE</a>

**\*\* Remember to use 'FALL30' to get the discount\*\***

No limits on purchases

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

## Fall Pilates Training Sale!

Take advantage of this amazing deal for 3 weekends (60 hours) of training for \$499 +tax!!

The Fall Pilates Mat Level I is scheduled for the three weekends of Nov 7, Nov 21, & Dec 5

Early bird \$499+tax, which includes a free bonus one month unlimited pass, good for all yoga and pilates classes at studio!

Pilates Level I is a prerequisite for our Reformer Training coming up in the New Year.

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

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

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

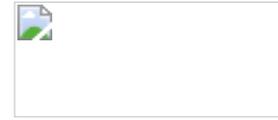
## Pilates Reformer Training Jan 17th!!

We have just received reformers and thrilled to offer a training program for the new year!

The Reformer Training is scheduled for the 3 weekends: Jan 17 & 18, Jan 31 & Feb 1, and Feb 14 & 15.  
Prerequisite: Level 1 Mat Pilates

TripAdvisor is talking about us!

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



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

## Apples Galore!



Preserve your Apples this fall!

From applesauce, apple cider vinegar, and pie filling!

[Join Our Mailing List!](#)

Forward this email to a friend



By the end of the course you will be able to teach a Reformer class or personal training sessions to different levels of ability .

Early bird \$599+tax (reg \$799), a deposit of \$250+tax is required to save your spot. You will also receive a free bonus of one month unlimited pass, good for all yoga and pilates classes at studio!

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

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

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**Give a friend the gift of a Buddy Pass! Bring someone for their first class for FREE! Use the power of two to motivate your practice!**

Do you have a buddy who would like to take try yoga or pilates at Feel Good? How does our buddy pass system work? Any time you bring someone NEW with you to our studio they receive a buddy pass. There is no limit of how many buddies you want to bring, as long as they are new and have never been anyone else's buddy.

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## Remembrance Day Tuesday November 11th

Classes will be held as normal on Remembrance Day. Join us as we honor the special men and woman who have served and continue to serve to protect our country.

~Namaste~

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## Preregistered Baby & Me Yoga Next Session Starts Thursday Oct 30th

We are running another round of 6 classes of our popular Baby & Me classes (up to 9 months) with Jenny Hindley! Have fun, laugh, and smile with your baby. It is a great way to enjoy the benefits of yoga while creating friendships with other new mothers... and gives your babies a chance to bond and try yoga as well!

### Details:

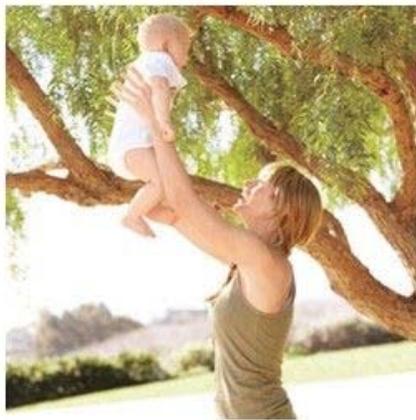
Day: Thurs Oct 30 - Dec 4

Time: 12:15-1:15p

Cost: 6 classes for \$72+tax

As this is a specialty class we require participants to purchase the series (even if you have a pass at the studio) so we know we have a guaranteed number of participants to run the class.

You can purchase and enrol [HERE](#) or at studio.



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## Current Schedule Changes

Thurs night Bellyfit Flow will be cancelled  
for Oct 30 as Andrea is away.

We apologize for any inconvenience and  
welcome you all back upon Andrea's return on Nov 6th!

Chakra Yoga on Sundays has been cancelled as of  
October 26th.

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## November Karma Class All Proceeds to Sierra Club "Stretch Across BC"

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

Details:

Time: 5:15 - 6:30 pm

Day: Sun Nov 2,9,16,23,30 & Dec 7, 14

Cost: Min \$5 donation for everyone

November Karma Class proceeds will go towards **Pull Together** -- an initiative to provide financial support to First Nations and moral support for everyone on the front lines against Enbridge. "Stretch Across BC" helps raise funds to support First Nations by holding fundraising yoga classes.

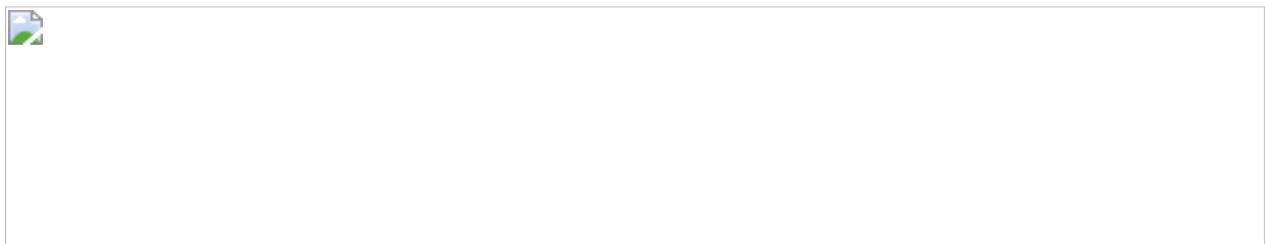
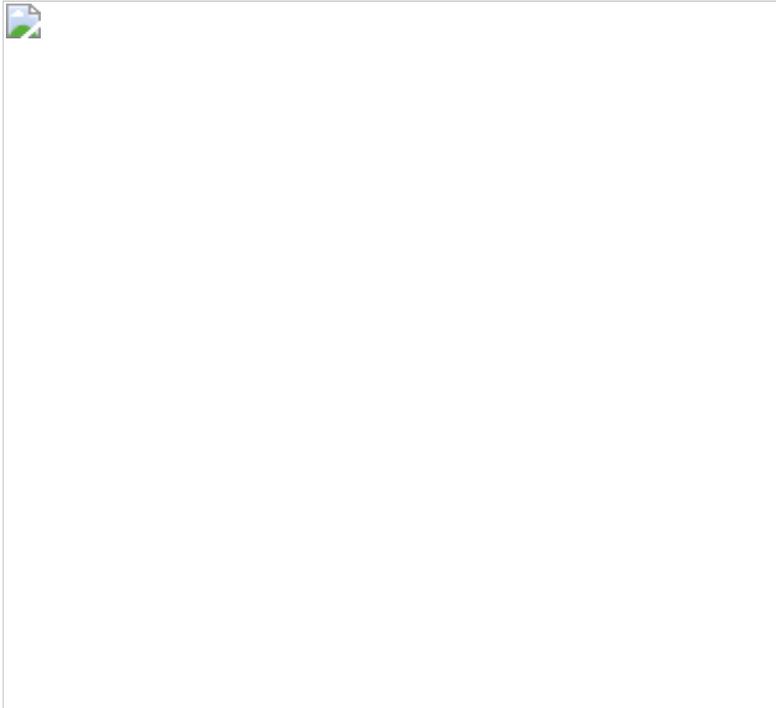
Sign up online [HERE](#) to reserve your spot in the class.



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## 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](http://www.FeelGoodYogaVictoria.com) | Email: [info@FeelGoodYogaVictoria.com](mailto:info@FeelGoodYogaVictoria.com) | Phone: (250) 474-6935

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Feel Good Yoga & Pilates | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada