



October 2014

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Namaste Laura,

~Welcome Fall~

With Thanksgiving right around the corner, gratitude is on the menu. Warm your heart this holiday, enjoy good eats and fun treats with family and friends.

Our Fall Sale starts now! It is pretty amazing this year... 30% percent off class so come on in and enjoy the gift of a calm, happy mind and a healthy body this fall - see below!

Feed your soul while you practice by bringing a friend or loved one with you for a class using a Buddy Pass!

"Life starts all over again when it gets crisp in the fall."
~F. Scott Fitzgerald~

With Joy and Gratitude,

The Feel Good Team



At the Studio

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



Fall Sale Extravaganza!



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



TripAdvisor is talking about us!
[Share your experience -](#)

Mark your Calendar! Sept 29th - 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 HERE
Flex Pass 10	\$98 +tx (reg \$140)	Purchase HERE
Flex Pass 20	\$168 +tx (reg \$240)	Purchase HERE
Unlimited 1 Month	\$98 +tx (reg \$140)	Purchase HERE
Unlimited 3 Month	\$252 +tx (reg \$360)	Purchase HERE

**** 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 Yoga Teacher Training Level 1

There is space still available in our next yoga teacher training program starting Oct 17th!

Early bird is \$1895+tax. This includes free classes during the training and an extra month of unlimited free yoga and pilates classes before or after your training.

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

[Register now!](#)

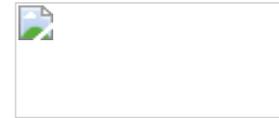
[Read more](#) | [Testimonials](#) | [Pictures](#) | [Application form](#)

It's that time again! WestShore Community Awards!

The WestShore Community Awards 2014 are currently taking nominations! If there is anything you that you think we are doing well, we would be so grateful if you would please let them know!

Choose your favorite places in your community, and vote for your favorite organizations. Cast your vote and stay tuned

[leave a comment! >>>](#)



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

Fall Classic



Pumpkin Bread

Fall Favorite!

[Join Our Mailing List!](#)

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There is nothing quite like a
FALL DAY
the cool crisp air
PUMPKINS & PLAYING IN
IN THE FIELDS THE LEAVES
the smile on your face
can warm a chilly day



to find out who wins during the awards event on October 24!
Support Feel Good and cast your vote [HERE](#).

Nominations take about 5 minutes to complete. We appreciate any and all support from our amazing Feel Good Community!



Bring someone for their first class for FREE! Use the power of two to motivate your practice!

Know someone who wants to try yoga or pilates?

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 of how many buddies you want to bring, as long as they are new and have never been anyone else's buddy.



Thanksgiving Weekend Schedule

Fri Oct 10	Inner Power Pilates	8:45 - 9:45a
	Hatha Yoga	10:00 - 11:15a
Sat Oct 11	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30 - 10:30a
	Hatha Flow	10:45 - 12:00p
Sun Oct 12	Core Plus	9:15 - 10:15a

	Hatha Flow Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
	Chakra Yoga	1:30- 3:00p
	NO Karma Class	
Mon Oct 13	Yogilates	10:00 - 11:15a

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



OPEN HOUSE - Raffle winners!

Congrats to the 4 lucky ladies who won our raffle baskets during our OPEN House! Enjoy your goods!!

Kristine Rafter
Bronwyn Bright
Shannon Cavaghon
Holly Mesneder

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, smile with your baby. It is a great way to bond and also create new friendships with other mothers and their babies.

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.



October Schedule Changes

Thurs night Bellyfit Flow will be cancelled
for Oct 16, 23, & 30 as Andrea is away.

We apologize for any inconvenience and welcome you
all and Andrea back for Nov 6th!

Please sign [online](#) to reserve your spot!

October Karma Class All Proceeds to BC SPCA Wild Arc

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

Details:

Time: 5:15 - 6:30 pm

Day: Sun Oct 5, 19, 26

Cost: Min \$5 donation for everyone

October Karma Class proceeds will be donated to the efforts of the **BC SPCA Wild Arc**. The Wild Arc is an amazing organization that helps to rehabilitate and rescue wild animals.

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



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.



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