



September 2014

Namaste Laura,

Hello Sweet September!

With the return of September comes the natural urge to turn inwards and seek comfort. We are just the place for you! Match your mood with one of our many classes, there is always something for everyone at feelgood. May your practice slowly relax and renew you.

If you are new to the community or just wonder what we are all about, join us for our OPEN House Sept 13th. Enjoy FREE 45 min taster classes, with donations to food bank, special sale (price good only from 10-3) chair massage, tea sampling, door prizes for local business, and SO much more!

"September days are here, with summer's best of weather and autumn's best of cheer." ~Helen Hunt Jackson~

Gratitude Friends,

The Feel Good Team

OPEN HOUSE - Sat Sept 13th 10-3pm

Come and check out what we are all about, enjoy tea samples, FREE 45 min 'taster' classes, door prizes, raffles, and so much more!

In exchange for the FREE classes we are accepting food and cash donations for our Westshore Food Bank.

* NO online signup for classes, first come first serve*



Quick Links

[Schedule](#)

[My Account](#)

[Fun pictures](#)

[Yoga Teacher Training](#)

[Pilates Teacher Training](#)

[Testimonials](#)

[Cruelty/cruelty free](#)

[Pinterest](#)

May your legacy
continue
to inspire!
Rest well

B.K.S. Iyengar

Dec 4, 1918 - Aug 20, 2014

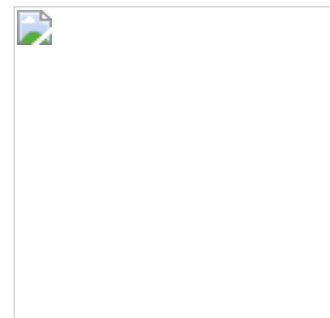


"The rhythm of the
body, the melody of the
mind, and the harmony
of the soul create the
symphony
of life."

~B.K.S. Iyengar~

Retreat? Yes
Please!

One of our former
teachers is putting
this on in Costa Rica -
sounds pretty
awesome!



In Studio

We raised over
\$150 from Karma
classes for

Fall Pilates Training!

The Fall Pilates Mat Level I is scheduled for the three weekends of Sept 26, Oct 3, Oct 24

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](#)

Fall Yoga Teacher Training Level 1

The next yoga teacher training program starts Oct 17th!

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 your Buddy Pass to bring someone for their first class FREE!

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. (One per buddy pass person receiving)

no online signups for buddy pass, in studio only

MINDBODY Connect - a great app!

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



At the Studio

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

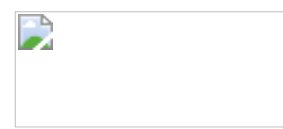


How to write a [Google+ review >>>](#)



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

[>>>](#)



Our latest addiction...
[Check out our boards](#)
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Soup it up!



Autumn Sweet Potato
Soup

~Feed your soul some
warmth~



Fall Sale Extravaganza!

Mark your Calendar! Sept 29th - Oct 15th
Fall Pass Sale and Retail Sale 25% OFF

Stock up on these lovely passes!
(don't worry we will send you a reminder email)

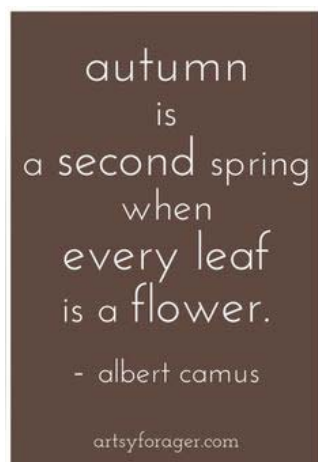
3 Month Sale \$299+tax (regular \$360)
10 Flex Pass \$99+tax (regular \$140)

Our best deal is the Auto Renew for \$99 a month
(one year min commitment)

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

[Join Our Mailing List!](#)

[Forward this email
to a friend](#)



Preregistered Baby & Me Yoga
Next Series Starts Thursday Sept 18th

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 Sept 18 - Oct 23

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 the series [HERE](#) or at studio.



Fall Schedule Changes

Yoga for Beginners will restart for Tues Sept 9th
6:30 - 7:30pm in upstairs studio

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

September Karma Class All Proceeds to Royal Jubilee Hospital Cardiology Dept (via Victoria Hospitals Foundations)

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 Sept 7, 14, 21, 28

Cost: Min \$5 donation for everyone

September Karma class proceeds will be for the Royal Jubilee Hospital Cardiology Dept via the [Victoria Hospitals Foundation](#). Our very own Feelgood instructor Robert Craig will be teaching all 4 classes and Jim Pattison Volvo of Victoria will match donations!!! Come and support this worthy cause.

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



Back up Karma Staff

Do you have a flexible schedule, love to organize and clean? We are looking for backup cleaning staff for coverage of holidays and sick time. You would receive free classes to use for your time worked. If you are interested email our studio manager at Jenny@feelgoodyogavictoria.com for more info.

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

[Forward email](#)



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