



Feel Good
Yoga & Pilates

April 2013



Quick Links

[Schedule](#)
[My Account](#)
[Fun pictures](#)
[Yoga Teacher Training](#)
[Pilates Teacher Training](#)
[Testimonials](#)
[Cruelty/cruelty free](#)

Namaste,

Join us at Feel Good so we can help you stay strong and supple for all your adventures and endeavors this spring!

April hath put a spirit of youth in everything!
~William Shakespeare

Spring SALE! April 15-29th

Stock up on our spring sale and get ready for summer!

20 Class Flex Pass - \$199+tax (Regular \$240)
10 Class Flex Pass - \$119+tax (Regular \$140)

All flex passes can be shared and have a ONE year expiry upon first visit activation.

To purchase online [CLICK HERE](#) starting April 15th or purchase at studio

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

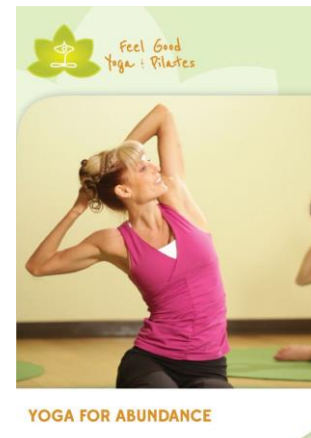
Know someone who wants to try yoga or pilates?

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!

At the Studio

Our first set of DVDs are out!

Available at the studio and online. Click on a picture to order.



See you soon!

Pilates Teacher Training Early Bird Discount

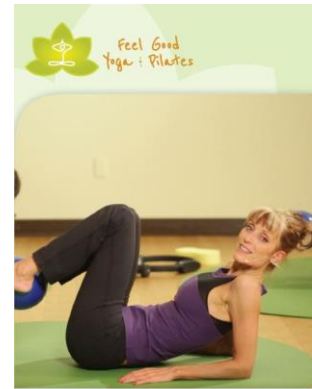
Our next Pilates Teacher Training starts April 26th! This course is perfect those who wish to deepen their practice and/or become a Pilates teacher. Visit the [pilates teacher training page](#) for all the details.

Training dates include: April 26th, 27th, 28th and May 10th, 11th, 12th

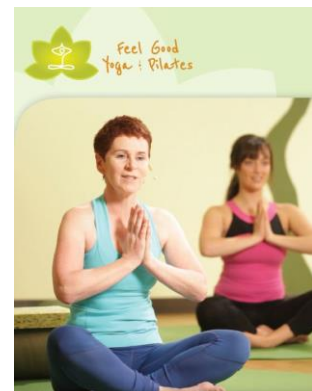
Early bird registration is on now until April 12th.
Register today and receive a \$100 discount!

Students also have unlimited free access to all classes during the teacher training program plus one BONUS month to use after!

Register [online here](#) or call the studio 250-474-6935



STRENGTHEN AND TONE PILATES



BREATHE FEEL HEAL YOGA



BREATHE INTO BALANCE YOGA

Schedule Change - Bellyfit Flow

Bellyfit Flow is back! Join Andrea for her fabulous class on Thurs April 4th at its **NEW time at 6pm!**

To get everyone back into the flow we will be having a **Bellyfit Flow Karma Class on Sunday April 7th at 5:15-6:30p.**

Register [online here](#) for the karma class

Stay tuned for our next Kids Circus Yoga Workshop!

Our last Kids Circus Yoga workshop in April was a great success! Big thanks to all that attended! Thanks also to Laura Shine who brought this wonderful class to our studio and the children.

Our next workshop is scheduled for May 26th, details to follow.

Earth Day karma class collecting donations for the Sierra Club BC

Join us for an Earth Day karma class on April 21, 5:15 - 6:30 PM!

Earth day brings heightened awareness to the state of our environment. We will have a collection for the Sierra Club of BC and information on how you can help protect our planet.



Morning Bliss Spring Retreat with Carmalita April 19-21



FEEL GOOD - 5 in 1
Most Popular Classes

Contact the studio if you want your DVDs shipped.

Spring Greens



Eat your Spring Greens!

[Spring Greens with Orange-Fennel Vinaigrette](#)

Spring is a time for gentle cleansing and "clearing out" from the winter months.

[Join Our Mailing List!](#)

Forward this email to a friend

[Don't miss the blog...](#)

weekend filled with amazing food, friends and yoga!

Please click the retreat page [Morning Bliss Yoga Retreats](#) for complete information regarding all details about cost and accommodations.

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."
-Marcel Proust-



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

[Forward email](#)



This email was sent to info@feelgoodyogavictoria.com by info@feelgoodyogavictoria.com |
[Update Profile/Email Address](#) | [Privacy Policy](#).

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