



Feel Good  
Yoga & Pilates



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December 2012

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Namaste,

Happy holidays!

Yay! This is a time of year for giving, but make sure to take time out for yourself as well! Take a little time out for yourself this week! Enjoy a massage, take a hot bath, watch your favorite movie, and enjoy some Yoga or Pilates with your favourite Feel Good teacher! The greatest gift you can give friends and family is to give them the joy of seeing you healthy and happy throughout the holiday season!

Love and gratitude!

Laura

PS "There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself." -Brian Andreas

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## Christmas Schedule

The last day of our regular schedule will be Thurs Dec 20th. There will NO classes Dec 21-23 as these are the primary days of the video shoot (see below!).

Stay tuned to our online schedule for our holiday class schedule from Dec 24th - Jan 2nd. There will be a 2 classes a day, and a mix of yoga and pilates to keep you grounded during the holiday season!

## At the Studio

Gearing up for the first  
Victoria Yoga  
Conference - Feb 1-3



## In the Community



Westshore Food Bank  
needs our help for this  
holiday.

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Join Our Mailing List!

For more information visit our [website](#).

Forward this email  
to a friend 

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## Christmas Retail Sale 20% off

With Christmas coming up, take this opportunity to buy some yoga inspired gifts for that special yogi in your life.

Starting Dec 7th ALL retail items will be 20% off. Choose from a selection of eye pillows, CD's, inspirational books, aromatherapy, yoga props, and much more!

Also stay tuned for a new shipment of feelgood t-shirts and warm wintery apparel arriving soon from Be Radiant on Saltsping Island.

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.  
AA Milne - Winnie the Pooh:)

## GIFT CERTIFICATES

Give the amazing gift of wellness this season! We have gift certificates available that you may purchase for any class pass available at the studio. Please contact the studio to purchase the gift of wellness for friends and family.

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## Victoria Yoga Conference

We have another reason for joy and celebration around the city for this month! Laura has been invited to deliver a workshop on "How to Deliver a Thematic Yoga Class" at 1:45 PM on February 2nd at the upcoming Victoria Yoga Conference.

This is the first time the yoga conference has been held in Victoria and will take place on February 1st, 2nd and 3rd. To sign up for this conference, go to the following link: <http://victoriayogaconference.com/index.php/registration/>

For all lovers of yoga, this is an event that you do not want to miss! Let's show the world that Victoria is a big enough city to host a yoga conference so we can build a stronger yoga community and make this a yearly event!

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## Exciting News! Upcoming Feel Good DVD's!

There is a ton of excitement in the air at Feel Good this month! We are filming our first series of DVD's! These will be made available at the studio and at the upcoming Victoria Yoga Conference in February!

Due to the careful planning and organizing that development of these DVD's involves Laura Phelps will be engaging carefully selected substitutes for many of her classes this month. This focus will help ensure a good result to this exciting endeavour which will last forever! Her substitutes will be updated on the online schedule, so you can be informed about who is teaching.

Laura misses her students very much and looks forward to seeing you all in the New Year!

We appreciate your support and understanding while undertaking this latest great adventure :)

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## December Food Bank Month

During the month of December we will be accepting food and cash donations for the Westshore food bank. Thank-you for your generous contributions in September! So nice to give back to the community where we all love to live!

To read more about the Westshore food bank, check out their website! Read about all they do to make our community a better place and find out what you can do to help!

We will be taking a break from our Sunday Karma class until the spring.

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## Stay tuned for our January Sale!

We will be having a free week of classes from January 14th to January 20th, so spread the word to family and friends who have yet to try our classes!

Our January sale will run from January 11th - 25th. Our January newsletter will have all the details. We will also be taking donations for another local fundraiser during the free week in January.

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## Schedule Changes for January

Our last Wed Prenatal will be Dec 19th, to replace the slot starting Wed Jan 9th will be 'HardCORE Pilates' with our talented Jenny Hindley! Stay tuned for more details.

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## Yoga Teacher Training Savings

The next yoga teacher training program starts February 15th. Early bird discount available.

Tons of perks for students and graduates - check out our **yoga teacher training webpage** for more information.

**Register now!** Questions? Email [Laura](#)

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



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

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