



Feel Good
Yoga & Pilates



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February 2013

Namaste Pelle,

Happy Heart Month!

February is Heart Month! Nourish your body and mind by practicing yoga and pilates, eating lots of leafy greens, and cultivating unconditional love for yourself and others.

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."
-Helen Keller

Blessings Friends,
Pelle

Yoga Teacher Training Savings

The next yoga teacher training program starts February 15th. **The early bird discount is still available - register today! 250-474-6935**

Tons of perks for students and graduates - check out our [yoga teacher training webpage](#) for more information.

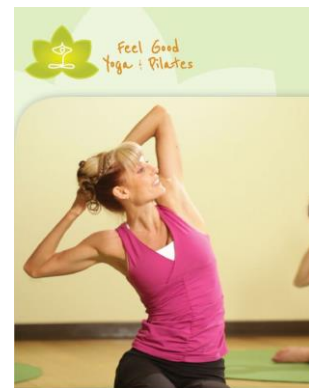
Register now! Questions? Email [Laura](#)

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

At the Studio

Our first set of DVDs are out!

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



YOGA FOR ABUNDANCE



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.

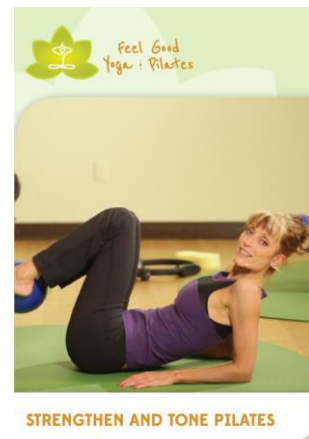
Training dates include: April 26th, 27th, 28th and May 10th, 11th, 12th

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!



YOGA AND PILATES FUSION



STRENGTHEN AND TONE PILATES



BREATHE FEEL HEAL YOGA



Preregistered Baby & Me Yoga February 14 - March 21

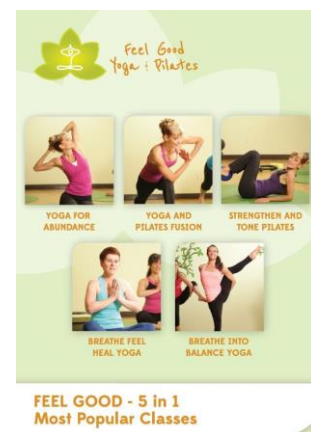
We are running another round of 6 classes of our popular Baby & Me classes (up to 9 months) with Jenny Hindley! Have fun, laugh, smile with your baby! It is a great way to bond and also create new friendships with other mothers and their babies!

Details:
6 Week Series for \$60.00
Thursday Feb 14th - Mar 21th
11:30-12:30p

As this is a speciality 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 pass ONLINE or at studio.

Sacred Fusion Yoga Circus March 24th 1-4pm



Contact the studio if you want your DVDs shipped.

Feed your Heart!



Fantastic cleansing salad!

[Pomegranate Power Salad](#)

Marry winter beets with pom seeds to feel energized and refreshed this winter, your heart will love

the foundation of yoga blended with the fun and celebration of circus.

The rich diversity of Circus Yoga includes hula-hoop making, juggling and acrobatic yoga (acro-yoga). All ages practice together and build self-confidence, focus, trust and teamwork.

Laura Sunshine has been teaching kids yoga for over seven years and developed this Circus Yoga program which has been delightfully received by groups of kids all over BC and Alberta.

Details:

Join Sunshine Sunday March 24th

Ages 5-11

Time: 1-4pm

Location: Feel Good Yoga

Cost: \$40 per child or \$75 for 2 children (this includes materials for making hula hoops)

To Register online

you!

In the Community

Victoria Yoga Conference



Thank you all that came to visit at our booth at the first annual Victoria Yoga Conference.

The winner of \$1000 off her next teacher training is: Alana Midlane.

CONGRATULATIONS!!!

Schedule Change - Bellyfit Flow

Bellyfit Flow will taking a break during Feb, the last class will be held on Thurs Feb 21, and will resume 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 5:15pm.

[Join Our Mailing List!](#)

[Forward this email to a friend](#) 

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

Lost & Found

Please come and claim any lost water bottles or clothing, our lost and found is over flowing with items you may be missing. Everything will be donated at the end of Feb.

Strength shows, not only in the ability to persist, but the ability to start over.

-Anonymous



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