



Feel Good
Yoga & Pilates

January 2013

Namaste Laura,

Happy 2013!

January is a time to renew and restart, letting go of bad habits and listening to what you need in both body and mind.

We tend to go full tilt in January even though we know our new routines will never stick. So take a moment, practice compassionate awareness and be grateful for the changes you have made in the past year. Make new realistic goals for 2013!

If you want to make a change to your overall wellness - start small and attend some classes during our free week so you can try something new! Pick something that will help you achieve your goals!

Blessings Friends,
Laura

Anniversary Sale!
January 11th -25th

Thank you for making Feelgood such a wonderful place for the third year running! We want to celebrate with a January sale to get you back into your routine!

1 Month Unlimited - \$109 + HST
10 Flex Pass - \$109 + HST

BEST DEAL!
Auto Renew - \$99 + HST



Quick Links

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

At the Studio

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



Register today with 10% off - discount code: FG10



Don't miss the YogaThon on January 19th!

Yummy start!

GET 1 month FREE

If you practice 2+ times a week the auto renew is your best option, with the convenience of automatic payments allowing you to budget, get a fabulous price AND 1 free month!

Did you know?

Anytime you bring a NEW person to the studio for the FIRST time they will receive a buddy pass! There are also no limits to how many people you bring!

Purchase these passes **online** or at the studio.

Bounce back into your routine! Free Week Jan 14-20th

Join us for our January free week! During the week of Jan 14-20th all classes will be free!

We will nonetheless be accepting donations to the Westshore Food Bank - if you feel you have already had enough chocolate give your extras to someone who need it.

Our week of free classes is a great time to introduce new people to our beautiful studio and all it has to offer. Bring your friends and family so they can experience first-hand our wonderful instructors and classes.

Our schedule is posted online [here](#), with times and instructors. We highly recommend that you sign up online to ensure you get into your favourite class.

Karma Class Sunday Jan 20th Bellyfit Flow Yoga with Andrea Ting-Letts

Wonder what Bellyfit Flow is all about?

Bellyfit Flow is designed exclusively for women, encouraging you to connect with your feminine energy and synchronize your inner heartbeat to a collective rhythm.

Invigorate your body and mind with bellyfit moves combined with flow yoga poses to help you feel balanced and relaxed.



If you are looking for some new yummy recipes for the new year, check this out [Papaya-Berry Yogurt Parfaits](#) sure to help you get a good start to the new year!

In the Community



Westshore Food Bank needs our help for this holiday.

[Join Our Mailing List!](#)

Come join us on Sunday Jan 20th from 5:15-6:45p, expect to let loose, dance to great beats, and ignite your inner goddess!

Sign up online to save your spot!

Forward this email to a friend 

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

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!

We all need someone who inspires us to do better than we know how.

-Anonymous

Laura will be teaching a workshop at the conference



Yoga Teacher Training Savings

The next yoga teacher training program starts February 15th. The

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](#)

Schedule Changes for January

Our last Wed Prenatal will be Dec 19th, to replace the slot starting Wed Jan 9th will be 'Pilates Sculpt' with our talented Jenny Hindley!



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

Forward email

 SafeUnsubscribe™



This email was sent to info@feelgoodyogavictoria.com by info@feelgoodyogavictoria.com |
Feel Good Yoga & Pilates | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada