



Feel Good  
Yoga & Pilates

July 2013



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Namaste,

Feel Good has been up and running for over three years now! Yay! I am taking a year off my government job to focus on improving the studio. I would love to get your feedback on what you think we should do more of and where there is room for improvements.

Please email me directly at:  
Pelle@FeelGoodYogaVictoria.com.

I'm looking forward to filling up my to-do-list with your suggestions!

Cheers!  
Pelle

## October Yoga Teacher Training

The next yoga teacher training program starts Oct 18th.

Early bird - One extra month of unlimited free yoga and pilates classes will be made available to the first 10 registrants. A payment plan is also available to all early-bird applicants! Early bird applicants also receive a 70% discount on all class passes following graduation and 20% off all retail at the studio.

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

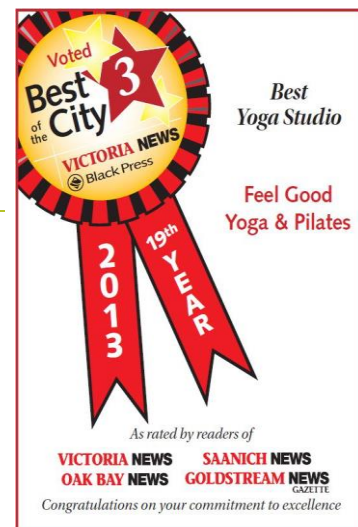
Register now! Questions? Email [Laura](#)

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

At the Studio

Best in the City!

We were voted third best Yoga Studio in Victoria by the readers Victoria, Saanish, Oak Bay, Goldstream Gazette News!



Thank you all who voted for us!

Feel Good DVDs!

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

## GROOVE all ages class Sat July 27

**GROOVE** goes beyond being just a "workout"...  
Nurture your body and soul, calm your mind and savor  
feeling energized.

THE **GROOVE** is the easiest dance class in the world! We  
will learn simple moves from a variety of dance styles  
inspired by all different genres of music with beats you  
cannot resist! This hour will leave you invigorated, feeling  
strong and full of happiness...and knowing you have made a  
difference in the FIGHT BACK against cancer!

Want to know more about THE GROOVE? Check out  
[theworldgroovement.com](http://theworldgroovement.com)

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## Bookmark the web link direct to the schedule

If there ever is a time when you cannot get on the website  
to sign in you can use the link below and it will take you  
directly to our online scheduler. Follow the link and  
bookmark the page now (so you don't have to find this email  
again):

Feel Good My Account online [LINK](#)

Thank you!

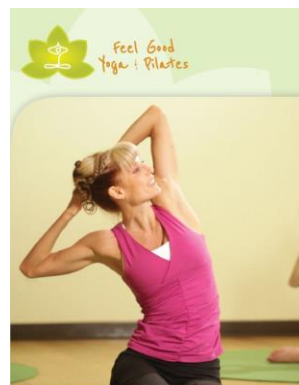
There is also an app for looking up yoga classes you can pick  
up on [iTunes](#).

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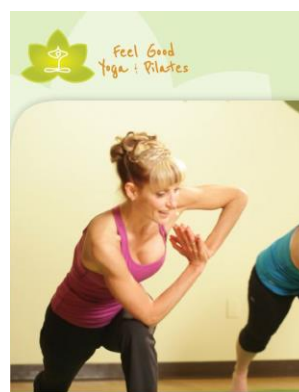
## Do you have a positive, outgoing personality and enjoy sales?

We are looking for a dynamic individual to get out in the  
community on behalf of the studio and promote classes,  
events, and promotions.

This individual would be sales and marketing savvy, with a



YOGA FOR ABUNDANCE



YOGA AND PILATES FUSION



STRENGTHEN AND TONE PILATES

creative side to create community events, and have a keen interest in health and wellness.

This karma volunteer position would be 3-4 hours a week and would entitle you to unlimited classes at the studio.

If you are interested please email [info@feelgoodyogavictoria.com](mailto:info@feelgoodyogavictoria.com), and let us know why you would be a great fit!

## Sunday Karma Class July Proceeds to Canadian Cancer Society

Come and support our talented teacher training graduates every Sunday evening in July with a Hatha style yoga class.

### Details:

Time: 5:15 - 6:30pm  
Day: Sunday July 7, 14, 21, 28  
Cost: Min \$2 donation for everyone

The Canadian Cancer Society is a national community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. For more info about the society [click here](#).

Sign up online to reserve your spot in the class.

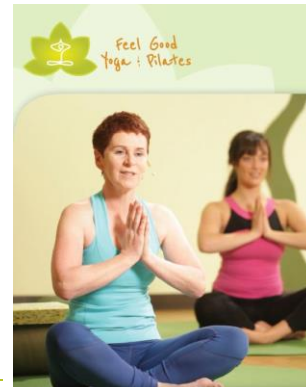
Bring your family and friends to support our local community!



Canadian Cancer Society  
Société canadienne du cancer



With you in the fight for life  
Avec vous dans le combat pour la vie



BREATHE FEEL HEAL YOGA



BREATHE INTO BALANCE YOGA



FEEL GOOD - 5 in 1  
Most Popular Classes

Contact the studio if you want your DVDs shipped.

## August Long Weekend Schedule

Fri Aug 2nd Inner Power Pilates 9:30 - 10:30a

## Summer Salad

	Hatha Yoga	10:00 - 11:15a
Sat Aug 3rd	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilates Sculpt	9:30-10:30a
	Hatha Flow Yoga	10:45 - 12:00p
Sun Aug 4th	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin Yoga	12:00 - 1:15p
Mon Aug 5th	Yogilates	10:00 - 11:15a

**NO Karma Class on Sunday August 4th.**

Sign up online [HERE](#) to save your spot



**Chakra Fruit Salad with Enlightened Tahini Sauce**

Celebrate Summer with this amazing fruit salad recipe, sure to keep you cool!

Join Our Mailing List!

Forward this email to a friend

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."  
- Albert Einstein

## 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!

See you soon!



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

[Forward email](#)

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**Constant Contact**<sup>®</sup>  
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