



Feel Good  
Yoga & Pilates

June 2013



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Namaste,

Summer is finally here! We can help you keep doing all the fun summer things you love! Bask in that sunshine! Walk by the ocean! Dig your hands into the earth! Pilates and Yoga will help you keep your back strong and your muscles supple. We are here for you at Feel Good!

"Why not go out on a limb, that is where the fruit is."  
-anon

## Baby & Me Yoga Preregistered Series Thurs June 13 - July 18

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

Starts: Thurs June 13 - July 18  
NEW time: 12:00 - 1:00p  
Cost: 6 Sessions for \$72+tx  
(with existing class pass \$12+tx)  
Location: Downstairs Studio

As this is a specialty 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

At the Studio

Our first set of DVDs  
are out!

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



run the class.

You can purchase the pass [ONLINE HERE](#) or at studio.

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## Beginners Yoga Preregistered Series

Tues July 2 - Tues Aug 6

**Join us for our 6 week series on the foundations of yoga!**

Whether you are an absolute beginner or new to yoga and want more one on one attention, this series will give a safe environment to ask questions.

Our series will introduce you to breath and movement, alignment principles, and most importantly modifications, so when you are ready to join a group class you feel safe and confident!

**Details:**

Starts: Tues July 2 - Tues Aug 6

Time: 6:00-7:00p

Cost: **6 Sessions for \$72 plus tax**  
(with existing class pass \$12+tx)

Location: Upstairs Studio

\*receive a discount on our passes after completion\*  
Sign up [ONLINE HERE](#) or visit studio to purchase

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## Sunday Karma Class June Proceeds to Mary Manning Centre

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

**Details:**

Time: 5:15 - 6:30pm

Day: Sunday June 2, 9, 16 & 23th.



**NO class on June 30**

Cost: Min \$2 donation for everyone

Mary Manning Centre is Victoria's only non-profit agency dedicated to the treatment and support of child victims of abuse, and to the prevention of child abuse in all its forms.

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

Bring your family and friends to support our local community!



**Mary Manning Centre**

Child Abuse Prevention & Counselling Society of Greater Victoria

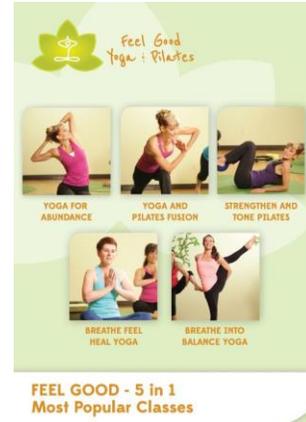
## *Kick Start your Summer! 40 Day Renew & Refresh Summer Challenge Mon June 24 - Fri Aug 2*

They say it takes 40 days to make a significant change and start a new habit, so we would be thrilled to help you with your goals, whether it be to cultivate strength, calmness, or whatever you are working on, we are here to facilitate your wellness.

Let your body transform to become more energized, stronger, and leaner, while your mind cultivates a sense of clarity and calm.

All classes count towards the challenge, even karma classes, visit the website for complete details, rules, and prizes!

Sign up at the studio front desk to participate!



Contact the studio if you want your DVDs shipped.

## Tasty Snack



Healthy Kale Chips

Indulge with a simple healthy recipe, yummy!

[Join Our Mailing List!](#)

[Forward this email to a friend](#)

"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,

[All details found HERE on our Events Page](#)

And live like it's heaven  
on earth."  
- William W. Purkey

## Canada Day Long Weekend Schedule

Fri June 28th	Inner Power Pilates	9:30 - 10:30a
	Hatha Yoga	10:00 - 11:15a
Sat June 29th	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30-10:30a
	Hatha Flow Yoga	10:45 - 12:00p
Sun June 30th	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin Yoga	12:00 - 1:15p
Mon July 1st	Yogilates	10:00 - 11:15a

**NO Karma Class on Sunday June 30th**

Sign up online [HERE](#) or drop in early to make sure you have a spot.



Happy Canada Day!

## 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

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