



Feel Good
Yoga & Pilates

March 2013

Namaste Laura,

Spring has sprung! Stay strong and limber for all your outdoor activities - practice Yoga and Pilates with us this spring!

We are excited to tell you that you can now take your classes home or on holidays with you. See the sidebar for fabulous Feel Good DVDs. People are raving about them and we hope to make more.

"It is spring again. The earth is like a child that knows poems by heart."
Rainier Maria Rilke

Kids Circus Yoga Workshop March 24th 1-4pm

Circus Yoga is artfully designed to engage kids ages 5-11 in 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.



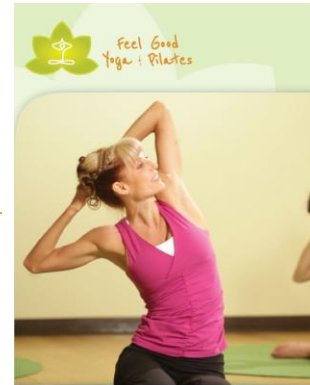
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At the Studio

Our first set of DVDs are out!

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



YOGA FOR ABUNDANCE



YOGA AND PILATES FUSION

SUN. MAR. 24TH
1:00 - 4:00 PM

LIMIT OF
15 KIDS

kids

CIRCUS YOGA

workshop

AGES 5 - 11

JOIN SUNSHINE FOR THIS FUN FILLED DAY AT CIRCUS YOGA!
HULA HOOPS, JUGGLING, ACRO YOGA AND LOTS OF FUN!

1 child for \$40 or 2 for \$75
includes materials for hula hoop making

FEEL GOOD YOGA
127-2745 Veterans Memorial Pkwy, Victoria BC
registration via info@feelgoodyogavictoria.com

Details:

Join Sunshine Sunday March 24th

Ages 5-11

Time: 1-4pm

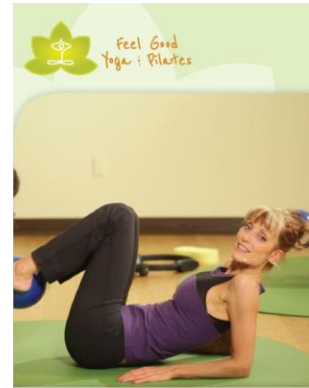
Location: Feel Good Yoga

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

Register online

**Pilates Teacher Training
Early Bird Discount**

Our next Pilates Teacher Training starts April 26th! This



STRENGTHEN AND TONE PILATES



BREATHE FEEL HEAL YOGA



BREATHE INTO BALANCE YOGA

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!

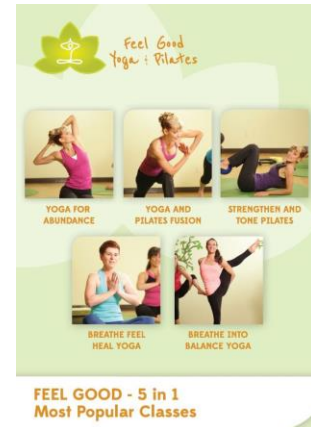
Register online here or call the studio 250-474-6935



Second Series of Preregistered Baby & Me Yoga March 28 - April 2

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:



Contact the studio if you want your DVDs shipped.

Feels Like Spring!



Yummy Easter Recipe

[Roasted Spring Vegetables with Arugula Pesto](#)

Try out this wonderful side dish to activate your spring senses!

Morning Bliss Spring Retreat with Carmalita April 19-21

Join Carmalita at Morning Side Estate for a rejuvenating weekend filled with amazing food, friends and yoga!

Thursday March 28th - April 2nd
11:30-12:30p

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 run the class.

You can purchase the pass ONLINE or at studio.

Schedule Change - Bellyfit Flow

Bellyfit Flow will be taking a break during Feb and March 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.**

Good Friday & Easter Schedule

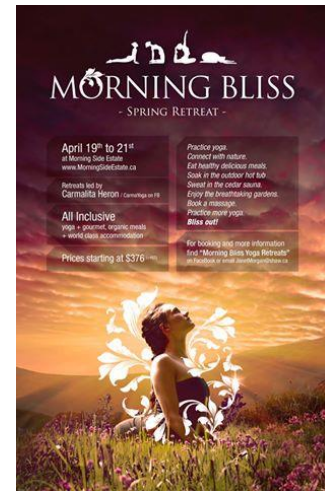
Hope you all have a wonderful Easter holiday with family and friends! Please note our Easter Schedule below:

Fri Mar 29	Inner Power Pilates	9:30 - 10:30a
	Hatha Yoga	10:00 - 11:15a
Sat Mar 30th	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30-10:30a
	Hatha Flow	10:45 - 12:00p
Sun Mar 31st	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin	12:00 - 1:15p
Mon April 1st	Yogilates	10:00 - 11:15a

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

Happy Easter!

Please click the retreat page Morning Bliss Yoga Retreats for complete information regarding all details about cost and accommodations.



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"The question is not how to survive, but how to thrive with passion, compassion, humor and style."

-Maya Angelou



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