



Feel Good
Yoga & Pilates

May 2013



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Namaste Pelle,

Spring is here at last! What a beautiful weekend with a predicted high of 25 degrees. So, soak up the sun! Connect with nature! Enjoy some gardening, hiking, or biking! Revel in our world-renowned Westcoast beauty!

Remember though that we are here for you at Feel Good to keep you strong, flexible and balanced so you can keep doing all those outdoor things you love! Bring a friend, stay motivated, and feel good!

"Do something wonderful, People may imitate it."
Albert Schweitzer

Spring SALE Extended to May 6th!

Stock up on our spring sale and get ready for summer!

20 Class Flex Pass - \$199+tax (Regular \$240)

10 Class Flex Pass - \$119+tax (Regular \$140)

All flex passes can be shared and have a one year expiry upon first visit activation.

To purchase online [CLICK HERE](#) starting
April 15th or purchase at studio

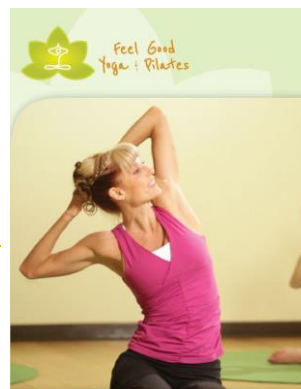
Yoga Basics Series

THU MAY 24 7:00-8:00 PM

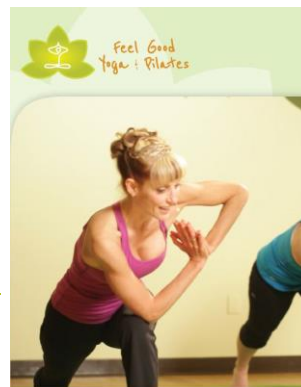
At the Studio

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

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 May 21 - June 25

Time: 6:00-7:15p

Cost: 6 Sessions for \$60 plus tax

Location: Upstairs Studio

Max 6 students

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

Karma Classes Are Back! Starting Sunday May 5th

Broken Promises Animal Rescue

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

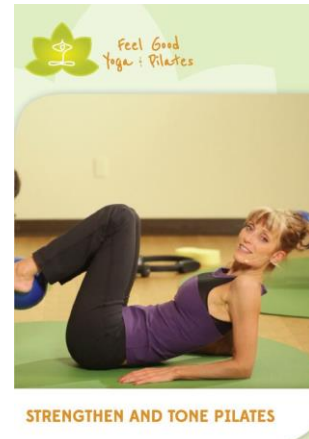
Details:

Time - 5:15 - 6:30pm

Day - Sunday May 5, 12, & 26th. **NO class on May 19.**

Cost - Min \$2 donation for everyone

All donations in May goes to Broken Promises Rescue, which is a volunteer-run, non-profit animal rescue organization in Victoria, B.C. This is a group of experienced rescuers who have come together to improve the lives of unwanted, neglected, and orphaned animals on Vancouver Island and elsewhere in B.C.



STRENGTHEN AND TONE PILATES



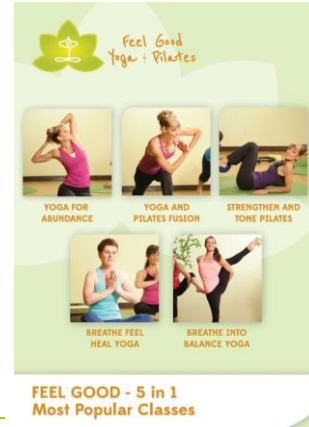
BREATHE FEEL HEAL YOGA



BREATHE INTO BALANCE YOGA

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

Bring your family and friends to support our local community!



May Retail Sale!

Enjoy 20% off everything in our retail sale.

Our Halfmoon order has arrived! Lots of yoga props to enhance your yoga practice. Choose from an assortment of bolsters, blocks, and straps just to name a few. Also, check out our new aromatherapy and pottery goodies fresh for the spring!

May 6 - May 17th

Contact the studio if you want your DVDs shipped.

Fresh & Colourful



Garbanzo Bean Salad with Mexican Mango Dressing

Try out this awesome recipe, full of color and flavor, just in time for the warmer weather!

Kids Circus Yoga Workshop May 26th 1-4pm

This was so popular we're doing it again!

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. 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.

Date: Sunday May 26th
Ages: 5-11

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"Action may not always bring happiness; but there is no happiness without action."
-Benjamin Disraeli-

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

Please pack a light snack

To Register online [CLICK HERE](#) for 1 child
[CLICK HERE](#) for 2 children

Victoria Day Long Weekend Schedule

Happy May Long Weekend!

Fri May 17th	Inner Power Pilates	9:30 - 10:30a
	Hatha Yoga	10:00 - 11:15a
Sat May 18th	Vinyasa Flow Yoga	8:15 - 9:15a
	Pilate Sculpt	9:30-10:30a
	Hatha Flow Yoga	10:45 - 12:00p
Sun May 19th	Core Plus	9:15 - 10:15a
	Hatha Flow Yoga	10:30 - 11:45a
	Yin Yoga	12:00 - 1:15p
Mon May 20th	Yogilates	10:00 - 11:15a

NO Karma Class on Sunday May 19th

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

Stay Tuned for our 40 Day Challenge

Since our first 30 day challenge was a success, we have decided to offer another challenge. Start the summer off right! Stay tuned to all the details coming soon.

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

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