



Feel Good
Yoga & Pilates



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November 2012

Namaste,

Happy Movember!

Did you know that there is a pumpkin graveyard in Victoria? People in Victoria take their carved pumpkins and place them along the side of the road through Mount Doug Park. If you visit, you will find a gloomy stretch of road with pumpkin after pumpkin for about a mile. It is a pretty cool tradition and quite a sight.

Did you know that the delicious pumpkin seed is one of the healthiest foods around? A celebrated food of Native Americans they are packed protein, good fats that fight cholesterol, zinc, manganese and plenty of antioxidants. They are also full of amino acids that are said to reduce anxiety and aid sleep.

If you've still got any around, don't let them go to waste! Place them on a cookie sheet and roast them for 15 to 20 minutes in the oven at 160-170° F. Toss them with a little lime and chili powder or salt and grab a handful on your way to your next Yoga and/or Pilates class. Your body will love you for it!

Joy and gratitude!

Laura

Movember class by donation

Raise awareness about prostate cancer by attending Laura's

At the Studio

Nov 23 - PTT2 start



In the Community



Happy Halloween!

[Join Our Mailing List!](#)

[Forward this email to a friend](#)

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

This class is by donation only so bring your friends if they have not yet tried a class at Feel Good! If you have already donated to the Movember cause, just show up and help us raise awareness!

Be SO good they can't ignore you"
-Steve Martin

Baby & Me Yoga Preregistered Series

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:

6 Week Series for \$60.00
Thursday Nov 8th - Dec 13th
11:30-12:30p

Due to the specialty of this 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 the studio

Fall Schedule Changes/Updates

To help accommodate all schedules we have added earlier classes in the morning, so check out the [schedule](#) for more details!

Our schedule can change with little notice, so if you have not been here recently please check the website for the most updated version of the schedule to avoid disappointment.

The website is updated regularly with new class times, cancellations, and substitutes.

Remembrance Day Schedule

All Classes will be running as normal, EXCEPT our Karma class, which will be cancelled and will resume Nov 18th at 5:15p.

For more information visit our [website](#).

Bring A Friend for Free!

Anytime you bring anyone for the FIRST time to the studio they will receive a buddy pass! So bring your friends, family, and co-workers, or anyone who wants to try yoga and pilates for the first time.

Bringing a buddy is also a great way to stay motivated in your practice! Hope to see you and your buddy soon!

Spring Yoga Teacher Training

Our spring program starts Feb 15th

Unlimited free yoga and pilates classes for the duration of Yoga Teacher Training program are included.
Early bird - Be one of the first 10 to register for this Yoga Teacher Training program and receive a \$400 discount ([email Laura](#) to learn more!) plus one additional free month of yoga and pilates classes at the studio - for a total of 6 months of free classes!

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](#)

November Featured Karma Class

GVAC - Greater Victoria Animal Crusaders

Come and support our talented teacher training graduates every Sunday evening with a Hatha style

November donations goes to the amazing work that GVAC does for our community and its animals. GVAC is 100% volunteer-run, so every penny goes to help animals in need. We depend solely on donations, legacies, and fundraisers to continue our mission to help save animals lives.

NO CLASS Sun November 11th



Read more about their work on the [website](#) and [facebook](#).



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