



Feel Good  
Yoga & Pilates



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## October 2012

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### Namaste Laura,

Thank you to our Wonderful Feel Good Community!

Thank you for your nominations and support we were nominated for Business of the Year in the WestShore community awards and WON! We are beyond words and fully grateful for our amazing community!

Secondly we are proud of our Feel Good community for donating 2 HUGE loads of food to the Goldstream Food Bank as well as a stash of cash donation during our free week!

Love and joy!

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## Yoga Teacher Training Savings

The next yoga teacher training program starts October 19 and there are still a couple of spots open!

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

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

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## Fall Schedule Changes/Updates

## At the Studio

Oct 19 - [YTT](#) start  
Nov 23 - [PTT2](#) start



## In the Community



The Tour de Rock team arrives in the WestShore on October 3rd on their way back to Victoria.

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classes in the morning and 2 Noon Break Yoga Classes to help you gain some balance in your work week, so check out the [schedule](#) for more details!

Want to try something fresh and new? Join Andrea for Bellyfit flow, it is an energizing mix of bellyfit with yoga moves, check out this clip!

Schedule Change:

Wednesday Down to the Core will be at 830-930am starting Oct 3rd.

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

Always be yourself.  
Unless you can be a Unicorn. Then always be a Unicorn.

:)

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## Thanksgiving Schedule

|             |                     |                |
|-------------|---------------------|----------------|
| Fri Oct 5th | Inner Power Pilates | 9:30 - 10:30a  |
|             | Hatha Yoga          | 10:00 - 11:15a |
|             | Inner Power Pilates | 5:45 - 6:45p   |
|             | Gentle Candle Flow  | 7:00 - 8:00p   |

|             |                   |                |
|-------------|-------------------|----------------|
| Sat Oct 6th | Vinyasa Flow Yoga | 8:15 - 9:15a   |
|             | Core Challenge    | 9:30-10:30a    |
|             | Hatha Flow        | 10:45 - 12:00p |

|             |                 |                |
|-------------|-----------------|----------------|
| Sun Oct 7th | Core Plus       | 9:15 - 10:15a  |
|             | Hatha Flow Yoga | 10:30 - 11:45a |

**Yin, Yoga for Runners, & Karma Class cancelled**

|             |             |                |
|-------------|-------------|----------------|
| Mon Oct 8th | Yogilates 1 | 10:00 - 11:15a |
|-------------|-------------|----------------|

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

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## Lost & Found Items

Our lost and found area is overflowing with items that have been left behind. If you think you may have left a water bottle or clothing please take a look as it will all be donated at the end of the month.

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## October Featured Karma Class

The Eat So They Can initiative

Come and support our talented teacher training graduates every Sunday evening with a Hatha style yoga class in September 5:15 - 6:30 PM.

October donations goes to 'The Eat So They Can initiative'. Is an initiative of the Global Volunteer Network and the GVN Foundation working worldwide to help aid in nutrition, education, and safety of impoverished children.

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



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