



Feel Good  
Yoga & Pilates



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## September 2012

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### Namaste Laura,

Fall is a time of transformation! Akhilandeswara, the goddess of being broken stands at the gates of her temple and allows the power of transformation to heal her. Come to the gates of our temple at Feel Good and enjoy the power of community, healing and transformation!

Love and joy!  
Laura

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### Sale (Sept 7) & FREE Week (Sept 10)

Don't miss our amazing September sale from Friday, September 7th through to Sunday, September 23rd! Get fabulous deals on passes that will keep you feeling good, centered, strong and healthy throughout the year!

Flex pass 10 - \$99  
3 month unlimited - \$199  
NEW 1 Month auto-renewal - \$99 (min 4 months)

Our FALL Schedule starts Sept 10th during the FREE week!

Grab a couple of friends who are new to yoga/pilates and join us for our free week from September 10th through to September 16th! We will simultaneously be collecting donations for the Food Bank so if you have any extra cans of food at home - good time to cycle through your emergency preparedness supplies. Food donation is entirely optional though. If you need your food, keep it and enjoy free classes on us!

### At the Studio

Sept 7 - Sale start  
Sept 8 - Party!  
Sept 10 - Free week  
Sept 21 - YTT start  
Sept 28 - PTT start



### In the Community




Help raise much needed donations for more than 32,000 animals SPCA care for each year.

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Are you in need of a new yoga mat?

Enjoy 25% off all our new yoga mats from Halfmoon, ONLY during free week, take advantage of this awesome deal!

Join Our Mailing List!

Forward this email  
to a friend 

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## Yoga Teacher Training Savings

The next yoga teacher training program starts October 19. Early bird registration is on now. **Save \$200 today!**

Students also have **unlimited free access** to all classes during the teacher training programs - early birds gets an extra month! Participants and graduates receive 20% discount on all retail!! Graduates receive a 70% discount on classes!!!

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

[Read more](#) | [Testimonials](#) | [Pictures](#) | [Application form](#)

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

Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumn.

- George Eliot

Every leaf speaks bliss to me, fluttering from the autumn tree.

- Emily Bronte

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## Pilates Teacher Training - early bird discount

Our next popular Pilates Teacher Training starts Sept 28th! This course is perfect those who wish to deepen their practice and/or become Pilates teachers. Visit the [pilates teacher training page](#) for all the details.

Early bird registration is on now until September 14th. Register today and receive a \$100 discount!

Students also have unlimited free access to all classes during the teacher training program!

**Register now!** - Questions? call Laura at 250-590-3939

[Testimonials](#) | [Pictures](#) | [Register](#) | [More](#)

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## Baby & me, Toddler, and Kids Yoga start at end of September

Tuesday - Toddler & me (ages 3-5) - 12:15-1:00p  
Wednesday - Kid Yoga (ages 6-8) - 3:45-4:30p  
Thursday - Baby & me ( up to 9 mo) - 11:30-12:30p  
Thursday - Kid Yoga (ages 9-12) - 3:45-4:30p

Series cost is \$60 for 6 sessions.

Register online [here](#) or visit the studio for more information.

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## Website Launch Party

Saturday, September 8th

Hooray! We have just launched our new website! We would like to celebrate this epic event with you! All Feel Good teachers, clients, karma staff, students and friends are most welcome! We will be having appy's and an organic wine tasting. We will also be holding a Google+ raffle so brace yourself to win a Feel Good class pass and/or something amazing from our retail store!

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## Fresh new items in the retail space

We have stocked up on the latest mats, bolster and other props for the Fall. We now also carry a small but fabulous selection of [Breathe Athletics](#) clothes. Don't miss the new Feel Good shirts coming in during the free week.



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## September Featured Karma Class

Vancouver Island Dogs Rescue Society

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

September donations goes to Vancouver Island Dogs Rescue Society. Read more about their work on the [website](#) and like them on [Facebook](#).



Web: [www.FeelGoodYogaVictoria.com](http://www.FeelGoodYogaVictoria.com) | Email: [info@FeelGoodYogaVictoria.com](mailto:info@FeelGoodYogaVictoria.com) | Phone: (250) 474-6935

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