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FEEL GOOD YOGA



March 2011 + edits

Namaste Laura,

Snow and weird weather aside, Happy Spring everyone! Positive change is in the air! Open your eyes and see the beauty all around you in the cherry blossoms and the longer, brighter days. To be a yogi means that we allow our hearts, minds and breath to align with the universal life force. This is not a path of denial. Aligning ourselves with the universal means enjoying that time out to watch your favourite TV show, take a nap in the middle of the day, eat a piece of chocolate or drink that glass of wine. It also means opening up our hearts to the knowledge that everyone, ultimately, wishes the best for us. To wish anything else would be to go against ourselves. In reality, we are all connected. We are all one.

Om Hraum Mitraya,

Laura

## New Classes

NEW Class

- 6:30

**DOWNdawg Yoga** by Amy Allen

20th

Sundays at 5:30 - 7:00 pm starting with a FREE class on the 13th

Pre-registered Class

**Baby & Me Yoga** with Christi Houser

Wednesdays 12:00 - 1:15 pm from March 9 - 30th

\$40.00/ 4 week series

Find our full schedule [here](#).

## Pilates and Yoga Teacher Training

**Pilates Teacher Training** program will run from May 20 - 29th.

### Quick Links

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### At the Studio



Yoga for two workshop coming up!

### Outside the Studio



Want more information? Find answers [here](#).

Do what you love and become a **certified yoga instructor**. All participants receive free Yoga and Pilates classes throughout the duration of the program. Our next programs will begin September 16th, 2011 and February 17th, 2012. Be one of the first ten to register in either yoga program and you will receive a \$400 discount + an extra month of free classes! Find out more about our upcoming Yoga Teacher Training programs [here](#).

To inquire or register for either Pilates or Yoga Teacher Training, please contact [us](#).

## Potluck & Movie Night

Join us at the studio for a potluck and a movie on Saturday, March 19th. The potluck will begin at 5:30pm and the movie will begin at 7:00pm. Join us at anytime!

We will be featuring a documentary film called "The Fire of Yoga". This documentary is an introduction to the practice of Yoga. It exposes common stereotypes about yoga as it travels from the South Bronx to the Deep South and finally to Hollywood.

Preregistration is not necessary for this event, please feel free to stop by!

## Featured Free Classes

Try a new class for free! Bring your friends so they can try out something new! Here are our featured classes for March:

**Hatha Yoga** with Eden Gathright  
Tuesday, March 8th at 4:15 - 5:30 pm

**DOWNdawg Yoga** with Amy Allen  
Sunday, March ~~13th~~ at 5:45 - 7:00

20<sup>th</sup> at 5:20 - 6:20

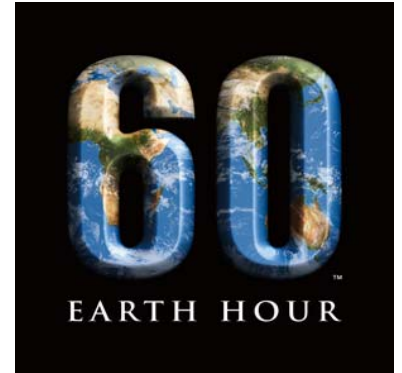
**Hatha Flow Yoga** with Paula Hosking  
Sunday, March 20th at 10:30 - 11:45 am

**Yogilates Level 1** with Laura Phelps  
Wednesday, March 30th at 5:40 - 6:55 pm

Be sure to preregister [here](#) as these classes tend to fill up quickly!

## Class Updates

Stay positive!



At 8.30 PM on Saturday 26 March 2011, lights will switch off around the globe for Earth Hour.

[Join Our Mailing List!](#)

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### Pre-registered Class

#### **Baby & Me Yoga** with Christi Houser

Wednesdays 12:00 - 1:15 pm from March 9 - 30th

*\$40.00/ 4 week series*

### Class updates

#### **Gentle Therapeutic Yoga** by Sandra Smith

Mondays at 5:30 pm begins March 14th

#### **Chakra Yoga** by Sandra Smith

Thursdays at 5:30 pm begins March 17th

#### **Hatha Yoga** by Carmalita Heron

Fridays at 10:00 am begins March 18th

#### **Core Resistance Challenge** by Dorinda Wright

Tue 7:10 pm and Thur 7 pm

Find our full schedule [here](#). Preregister [online](#) or by contacting our [studio](#).

## Meditation for Kids Workshop

We will be hosting a fun and introspective workshop for kids from 5 - 14 years of age. Vicki will provide your child with the tools to learn how to:

- Enhance intuitive abilities and creative visualization skills
- Understand feelings and relationships
- Develop techniques for long restful sleep
- Turn a chaotic situation into a peaceful moment

#### **Sunday, March 27 at 2:00 - 3:00 pm**

\$10 per child (\$5 per additional sibling)

Register [here](#), or by contacting our studio by [email](#) or phone at (250) 474-6935.

## Yoga for Two Workshop

All levels are welcome and no yoga experience is needed! At the core of yogic philosophy is the connection between all things. Yoga for Two allows us to explore this concept further as we help our friend/partner relax further and move deeper into yoga postures. This workshop is taught by two very good friends - Gillian and Jacquie. Please register individually.

**Sunday, March 13 at 3:00 - 4:30 PM**

\$15/ person

Find more information and register [here](#).



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

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