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September 2010

Namaste Laura,

Don't let yourself get swept away with all the duties and responsibilities of September! Come see us at Feel Good Yoga & Pilates so we can help you stay strong, flexible and focused.

Take advantage of our amazing sale prices on all our packages and a fun variety of new classes! Bring a friend to our free week of yoga from Saturday, September 11th to Friday September 17th. Read more [here](#).

Revitalize, relax and rejuvenate while you share in the joy of door prizes, draws and our wonderful yoga community here at the studio.

Om Hraum Mitraya,
Laura

P.S. Classes will be running as usual on the stat holiday this Monday, September 6th.

FREE Classes September 11th to 17th!

Bring friends and family to try out all our fabulous classes for FREE! **Make sure to register for your favorite classes ahead as the classes will fill up quickly.** You can pre-register at the studio or [online](#).

Read more tips, instructions, prices, etc. [here](#).

New Fall Class Schedule

Feel Good Yoga & Pilates has adjusted the Class Schedule **beginning September 11th** with intentions to allow you to continue your practice during the busy Fall season.

Find the new Class Schedule online [here](#), or find a printable PDF version of the new schedule [here](#).

Fall Madness Sale

Feel Good Yoga & Pilates is excited to offer the following Sale from

Quick Links

[Home page](#)

[Workshops](#)

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September 11th until September 30th only!

12 Class Flex Pass **\$99.00**
Save \$21.00

1 Month Unlimited **\$75.00**
Save \$25.00

3 Month Unlimited **\$180.00**
Save \$50.00

6 Month Unlimited **\$300.00**
Save \$85.00

12 Month Unlimited **\$550.00**
Save \$150.00

Check out our complete [price list or purchase online](#) as of September 11th. For more information, [email our Studio Manager](#).

Fall Teacher Training Programs

Feel Good Yoga & Pilates is excited to begin both the Yoga and Pilates Teacher Training programs this month.

[Pilates Teacher Training](#) will run through September 10th - September 19th. To register or for more information, [email our Studio Manager](#).

[Yoga Teacher Training](#) will begin September 24th and the program is now full. For more information on our next Yoga Teacher Training (January to June) program, [email our Studio Manager](#).

Karma Exchange Program

Feel Good Yoga & Pilates is currently looking for people who would like to work at our front desk in exchange for free classes! For more information, please [contact our Studio Manager](#).

Construction noise - morning classes

We are currently experiencing occasional noise during our weekday **morning** classes due to construction next door. Please accept our apology for any inconvenience!

The worst noise is hopeful over because they have now completed construction of their second floor which requires drilling into the concrete floor. Construction is scheduled to be complete by the end of September.



You Deserve to Feel Good

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

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