



FEEL GOOD YOGA



## October 2011

Namaste,

*Lay your shadows onto the sundials  
and let loose the winds upon the fields.  
Command the last fruits to be full,  
give them yet two more southern days,  
urge them to perfection, and chase  
the last sweetness into the heavy wine.*

Rainer Maria Rilke

## October Schedule

### Class Changes

**Power Yoga** starting Tuesdays 5:40 - 6:40 pm  
with Brad MacCaulay

### Class Cancellation

**Hatha flow**, Tuesdays 12:10 - 12:55 pm

### Class Confirmation

**Toddler & Me** Saturdays 12:15 - 1:00 pm  
with Christi Houser  
*CLASS IS FULL, no drop-in available!*

Find full class descriptions [here](#).

Check out our featured free classes and full Fall Schedule [here!](#)

### Quick Links

[Schedule](#)

[Fun pictures](#)

[Yoga Teacher Training](#)

[Pilates Teacher Training](#)

[Testimonials](#)

Bring a friend - [BuddyPass](#)

[Email us](#)

### At the Studio

## Thanksgiving Schedule:

### Sunday

Ab Attack  
9:15 - 10:15 AM

### Monday

Yogilates Level 1  
10:00 - 11:15 AM

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## Customer Service Award

We were so thrilled on Friday night to receive the prize for best Customer Service at the Westshore Chamber of Commerce [Community Awards](#). We would like to extend a big thank you to our Feel Good Community for all the kind nominations!

## October Yoga Teacher Training

There are a few spots left in our last Fall [Yoga Teacher Training](#) program. *Register today and receive a \$400 discount + a bonus month of free classes!*

Students also have unlimited free access to all classes during both all of the Feel Good teacher training programs!

Read testimonials from previous students [here](#) .

## The Sacred Feminine: A Yin Yoga & 5 Element Workshop

Join Jennifer for this 2 hour practice in which we will harmonize the flow of prana throughout the body focusing on women's health and healing. This workshop includes a Yin/Yang yoga practice, a short guided meditation, and explores food and lifestyle choices for specific disorders. Suitable for all levels and ages.

With Jennifer Rankin  
Sunday, October 16th  
3:00 - 5:00 pm

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

## Meditation for Kids Workshop

This workshop is designed to help kid's aged 5 - 10 turn chaotic situations into peaceful ones. In addition to grounding yoga poses and mediation for centering, this class will cover a theme topic and includes time for discussion and a creative project.

With Vicki Bashista  
Sunday, October 23rd  
2:00 - 3:00 pm

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

## Karma Exchange Opportunity

Do you love free yoga and pilates? We are currently looking for volunteers to help keep our studio shine and run smoothly. We are particularly in need of front desk Karma help during the day. In return you will receive free yoga and pilates classes.

If you or anyone you know may be interested, please contact Jenny at (250) 474 6935 or [email!](#)

## Staff Change

It is with a heavy heart that we say good-bye to Jacquie. She did a wonderful job as our studio manager and we are tremendously grateful for her friendship and services. She is now living and working downtown at Moksha yoga studio. We will never forget her beautiful big heart and wish her all the best in life and in her future endeavours. Please contact Jenny if you need anything related to classes or the studio.

## Featured Class in October

Tuesday **October 18** - 10:45 - 12:00 PM - Gentle Therapeutic Yoga with Connie

## Weekend Reminder Notice

As we now have the very popular teacher training in the downstairs studio each weekend, all classes from Friday evening to Sunday evening will be held in our upstairs studio. As space is limited reserve your spot [now!](#)

## Survey Draw Winner

Congratulations to Krysia Zurakowski - our winner from our Fall Survey. We have provided you with ten free classes at our studio to use at your convenience!



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

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Feel Good Yoga & Pilates | 127-2745 Veterans Memorial Parkway | Victoria | BC | V9B 0H4 | Canada