



Just GoAt It! Newsletter

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Issue: #7

11 February 2009

Dear Tara,

Valentine's is often about chocolates, flowers and a dinner out. More importantly, Valentine's reminds us to connect and value those whom we love - including ourself! Some offerings from your yoga centre to get connected. Read on to find out more.

Family Day - Monday 16 February

We are open and it's 2 for 1

It's a day off! We are open for our regular Monday classes. Block off an hour for a yoga class and enjoy it with a family member.

Follow link for more info:

<http://www.mountaingoatyoga.com/news-events/yoga-family/>

Workshop - Core Strength

Saturday 28 February

3:00 - 6:00pm @ Nepean centre
\$65+gst

Join Mark Laham to learn the importance of core strength and how to develop it. Pre-register as space is limited.

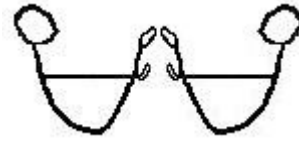
More info: <http://www.mountaingoatyoga.com/news-events/core-strength/>

Partner Yoga

Have fun together

Partner Yoga is a great way to spend a Friday evening. For beginning yogis it's a fun introduction to yoga. For regular students it's an opportunity to learn more.

Trust, confidence, communication add to the balance, flexibility and strength of our normal yoga practice.



Cost: \$25 per pair

Pre-Register for the next class:
Friday February 27, 7:15-8:30pm
with Heather & Tara @ Nepean Centre

<http://www.mountangoatyoga.com/news-events/partner-yoga/>

Yoga Meditation

\$5 drop-in classes

Whether meditation is in the beginning phase or you are a continuing practitioner, join the group for some discussion and practice.

Come experience the peace that only you can create for yourself.

Next practices:

Sunday 15 February, 5:45-6:30 PM (after power/yin)

Sunday 01 March, 8:00-8:45 AM (before hatha)

More info: <http://www.mountangoatyoga.com/news-events/meditation/>

THAI YOGA MASSAGE

Offered on-site at Mountangoat Yoga

Have you ever wondered what it would be like to get deeper into yoga postures with no effort on your part at all?

Want the benefits of a strong yoga practice and relaxation at the same time?

Then it's time to indulge yourself or a friend in a Thai Yoga Massage. (Makes a great gift!)

The healing art of Thai Yoga Massage is an ancient and sacred system of healing with roots in Yoga, Ayurvedic Medicine and Buddhist spiritual practice. It is a unique and powerful system of Yoga Therapy, which combines rhythmic massage, acupressure, asanas (Yogic stretching exercises), gentle twisting, energy work and meditation.

Thai Yoga Massage stimulates and balances the flow of healing energy within the body, opening the areas which are blocked bringing the person deeper into balance and harmony for health, happiness and wellness of being.

This system creates a powerful release of stress and tension, an increase in vitality and well-being and it deepens the connection between mind, body and spirit in both the giver and receiver.

60 minute massage - \$60

Arrange your appointment with Mary Heather directly:
(613) 823-1525 or maryheather@live.ca

We look forward to your next visit to the centres.
Sincerely,

Tara Vicckies & Heather Moore
Mountaingoat Yoga Centres
www.mountaingoatyoga.com

\$5 off regular drop-in price

Treat yourself to \$5 off the regular drop-in price (\$15). Forward this email to a friend so that they too can enjoy this offer.

One coupon per customer. Not valid with any other offers. Coupon valid at either Nepean or Kanata Mountaingoat Yoga Centre.

Please present this coupon to enjoy this offer.

Offer Valid until 31 Mar 09

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