



## Just GoAt It! Newsletter

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**Issue: #8**

**13 March 2009**

**Dear Tara,**

In March, as the sun shines longer, a renewed sense of hope comes with it. We hope for warmer temperatures and the end of boots. We can't wait to shed our layers. Join in some of the events at the centre this month to enable the renewal process. Read on to find out more.

**Amnesty Yoga Day - Saturday 28 March**

**Support Human Rights by attending a yoga class**



Join us at either the KANATA or NEPEAN location for our regularly scheduled classes. All classes are on a 'by donation' basis on this Saturday morning (minimum suggested donation of \$10).

All money collected on this day will go directly to Amnesty International's effort in preserving basic Human Rights around the world - specifically to stop violence against women.

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

**108 Sun Salutations**

**Saturday 21 March**

2:00 - 4:00pm @ Nepean centre  
\$20

Join Camilla in this special class. It's a celebration of the Spring Equinox with a traditional set of 108 Sun salutations. Enjoy the change of seasons and the transition of energy on Mother Earth!!

Students of all levels welcome.

Pre-register to ensure your spot.

<http://www.mountaingoatyoga.com/news-events/108suns/>

## 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 March 27, 7:15-8:30pm**  
lead by Alex @ KANATA Centre

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

## Kida Yoga

### Available at both centres

Spring sessions are coming. Register your little mountaingoats for some fun yoga on a Friday afternoon.

Kanata with Ivy for ages 6-12.  
Nepean with Anne for ages 4-8,

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

We look forward to your next visit to the centres.

**Sincerely,**

Tara Vicckies & Heather Moore  
Mountaingoat Yoga Centres  
[www.mountaingoatyoga.com](http://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 30 April 09**

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