



Just GoAt It! Newsletter

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Issue: #9

01 April 2009

Dear Tara,

Keeping you up-to-date this spring. There's lots going on at your yoga centre.

Spring Schedule

Starts April 1st, 2009 (no joke)

There are no changes on the NEPEAN schedule this spring. Some small changes in KANATA.

<http://www.mountaingoatyoga.com/ottawa-yoga-classes-schedules/>

The summer schedule will start in June.

Easter Weekend Schedule

Please note changes for the holiday weekend

Particularly noteworthy: there is a **FREE** morning class at each of the centres on Sunday 12 April 2009 for our regular continuing students.

To see all the changes/details, follow this link:

http://www.mountaingoatyoga.com/news-events/yoga_easter/

Amnesty Yoga Day - Results

Thanks for your support!



By attending classes on Saturday 28 March 2009, you helped us raise money and awareness for Amnesty International.

Mountaingoat Yoga Centre raised a little over \$600 for the

'Violence Against Women' campaign.

Some donations are still coming in and there's still time to donate. Follow this secure link:

<http://my.e2rm.com/personalPage.aspx?registrationID=606764>

Journey Through the CHAKRAS

Available at both centres

This is our 5th annual chakra series.

A fun and informative themed Hatha Yoga practice centered around the energy system of the body - Chakras!

Starts the week of April 19th for 7 weeks.

Find out where and when at:

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

Earth Day - 22 April 2009

Celebrate our Planet

Join Mary-Heather on Wednesday 22 April 2009 at her regularly scheduled Hatha class at 6:30pm in Kanata for **one hour of Sun Salutations** in respect of Earth Day.

You can attend this class for **FREE** by signing up at www.bookcrossing.com and bringing a book to donate/recycle.

http://www.mountaingoatyoga.com/news-events/earthday_yoga/

A Healing Workshop (Apr25)

Yoga to Uplift Mind & Body

Join guest teacher Louise Sattler for an informative workshop about the healing benefits of yoga.

Saturday 25 April 2009, 2-5pm, Nepean centre
\$40 + gst

Register early to guarantee your spot.

http://www.mountaingoatyoga.com/news-events/healing_yoga/

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 30 April 09

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