



Just GoAt It! Newsletter

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Issue: #10

03 May 2009

Satnam Tara,

Spring is fully present. The sunny days nourish the body and spirit. The daily routine seems easier. Enlightenment - the process of lightening up - is very real.

Mother's Day Packages

Healthy Gift Giving

For Mom: 5 class card and a nature mat - **\$75**

Join Mom: add 5 more classes to above - **\$105**

These packages are available at both centres.

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



Power Yoga Teacher Training

Next training starts September 2009

Love yoga? Ready to share it? It's time to become a yoga teacher.

Our unique 200-hour Power Yoga - Yoga Alliance Recognized - teacher training program provides new teachers with the flexibility of being able to teach both Hatha Yoga and Power Yoga.



Program investment: \$2600 +GST

EARLY-early-bird registration by June 1st: \$2300 +GST plus receive a \$50 gift certificate for our boutique in Kanata.

For more details:

<http://www.mountangoatyoga.com/yoga-teacher-training-ottawa/>

Ready? Contact Heather or Tara.

We look forward to your next visit to the centres.

Sincerely,

Tara Vicckies & Heather Moore
Mountangoat Yoga Centres
www.mountangoatyoga.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 Mountangoat Yoga Centre.

Please present this coupon to enjoy this offer.

Offer Valid until 31 May 09

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