



## Just GoAt It! Newsletter

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**Issue: #11**

**13 May 2009**

Satnam Tara,

Keeping you up-to-date of what's going on at your yoga centre. Read on.

### Victoria Day

**Monday 18 May 2009**

**Both centres are closed for the day.**

Have a healthy and happy long weekend.

### Unlimited Yoga Special

#### Month of June

Were you waiting for it to return? It's back!

**Offering a month of unlimited yoga for only \$85 for the month of June.**

This is a fantastic offer and a great opportunity to immerse yourself into a daily yoga practice.

This pass is good only at the centre it was purchased. Pass is valid from June 1st to June 30, 2009.

Sign up now.

### 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. **\*\*\* Commit soon to enjoy these savings and  
ensure your spot in this popular program.\*\*\***

Early-bird registration by August 1st: \$2400 +GST

For more details:

<http://www.mountaingoatyoga.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

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 31 May 09**

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