



Just GoAt It! Newsletter

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Issue: #12

31 May 2009

Satnam Tara,

Great news for June. Read on.

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.

Teacher Training Graduates

Congratulations New Teachers!!!

Another teacher training journey has come to an end. As at 31 May 2009 there are now 18 more 200-hour certified yoga teachers in Ottawa.

We wish the best to our graduates: Amber, Amy, Andrew, Audrey, Barbara, Christiane, Cindy, Deanne, Ellen, Erin, Jennifer, Judy, Julie, Liz, Meagan, Samantha, Stephani and Su.

Our program allows these new teachers the flexibility of teaching Classical Hatha Yoga or Power Yoga. They are ready to meet the needs of their community - whether it's to invigorate or to relax.

Look on the summer schedule for some of these names..

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.mountangoatyoga.com/yoga-teacher-training-ottawa/>

Ready? Contact Heather or Tara.

A Cooling Recipe

Eat to beat the heat!

Staying cool in the warm weather involves staying well hydrating and wearing light clothes. But did you ever think that what you eat can affect how you feel in the heat? Before you switch on the a/c to cool off, why not try this refreshing salad?

Apple walnut celery salad

1 head each of red and green leaf lettuce, washed and

shredded
2 unpeeled apples, diced
2 stalks celery, finely sliced
½ cup chopped walnuts

Dressing:

2 tbsp lime juice
6 tbsp olive oil

Combine all the salad ingredients in a medium bowl. Drizzle with dressing and toss.

For added protein you can add grilled chicken strips (marinated in ¼ cup lime juice, 1tbsp grated fresh ginger and a pinch of black pepper).

Thanks for sharing this great recipe

Bronwyn! <http://www.mountaingoatyoga.com/ottawa-yoga-teachers/bronwyn/>

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 June 09

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