



Just GoAt It! Newsletter

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Issue: #13

21 June 2009

Satnam! Greetings Tara,

Happy Summer Solstice!
There's lots happening in July. Read on.

Canada Day

Centres are closed for the day.
Enjoy a happy, healthy holiday.

We are offering FREE outdoor YOGA in Kanata at the Canada Day festivities at Walter Baker park, 1:00-2:00pm.

Find us near the Family Fun Zone. Bring your yoga mat, some water and sunglasses. Bring friends and family too.

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

Free Outdoor Yoga

Every Wednesday at noon this summer

Starting on Wednesday July 8th through the summer until September 2nd, Mountaingoat Yoga Centre is offering **FREE outdoor yoga**.

We will be setting up at/near the Gazebo at Walter Baker Park from noon to 1:00pm.

Bring your yoga mat (some available), a towel, bottle of water, sunglasses and a friend!

More info: <http://www.mountaingoatyoga.com/news-events/free-yoga-kanata/>

Yoga on the Ball

Sunday 12 July 2009

Did you know you can do yoga on those big exercise balls? For sure! Let Mary-Heather show you how. Enjoy a fun Sunday afternoon in this special class. Giggles guaranteed.

Where: Kanata centre

When: 2:00-3:30pm

Cost: \$20 with GST

Sign up soon to reserve your ball. Or, you can bring your own ball.

View poster: <http://www.mountangoatyoga.com/news-events/yoga-ball/>

Kids Yoga

Summer Yoga for Ages 6-12

Kids are natural yogis. They have the flexibility and light-heartedness that we, as adult yoga practitioners, work so hard to cultivate.

Encourage these qualities to continue and enroll your "little goat" for some yoga this summer.

We are offering two, 5-day (Monday to Friday) sessions this summer.

Start: July 13 or August 10

When: Mon - Fri, 9:00-10:00am

Cost: \$60 (if more than one child per family enrolled \$55)

<http://www.mountangoatyoga.com/news-events/kids-yoga-kanata/>

We'd love to hear your suggestions for more kids yoga. Help us plan for the fall.

Healing Circle

It's KARMA yoga!

In a Healing Circle several people focus healing energy/Reiki, good intentions or prayers on one person at the same time, for a specified period of time from their own location. You can be sitting at home or in a hotel room, or in your car. It really doesn't matter where it's done, just that it's done at the same time as everyone else.

Our group is always looking for 2 things: 1. People who would be willing/able to spend 15 minutes a week sending healing energy, good intentions or prayers to another person. 2.

People who would like to be put on a list to be the recipient of these good intentions.

Every week an e-mail is sent out to the Circle with the information on the person to receive the intentions. The Circle sends their intentions out every Thursday from 9:00 - 9:15 p.m. EST.

If you would like to join the Healing Circle, simply send an e-mail to healingcircle@sympatico.ca with "JOIN" in the subject line. If you would like to add someone's name to the list, please send their name and location. This is done on a first-come, first-served basis.

This group has been in operation since November 2008 and currently has members in 3 countries. The power of the Healing Circle is great and can only do good for the recipients.

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

<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

**\$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 26 July 09

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