



## Just GoAt It! Newsletter

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**Issue: #14**

**15 July 2009**

Satnam! Greetings Tara,

There's lots happening this summer. Read on.

### Summer Siesta

**Centres are closed July 27 to 31.**

**Details about this short break and the August Civic Holiday at:** <http://www.mountaingoatyoga.com/wp-content/uploads/2009/07/2009-07jul-summer-siesta.pdf>

### 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 the Gazebo at Walter Baker Park from noon to 1:00pm.

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

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

### 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 a 5-day (Monday to Friday) session in August.

**Start:** 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.

## Duncan Wong

### He's coming to Ottawa this August!

Mountangoat Yoga Centre is proud to be co-hosting Duncan's visit to Ottawa this summer.

Duncan is known for fusing vinyasa flow yoga with martial arts flavour. It's an exciting approach to finding strength and balance. Visit his website to learn more:

<http://www.yogicarts.com/about/01.html>

### Workshops are being held at Adishesha Yoga Zone in the Glebe on the weekend of August 29 and 30, 2009.

There are a limited number of spaces still available. You can sign up following this link:

[http://www.mountangoatyoga.com/news-events/duncan\\_wong/](http://www.mountangoatyoga.com/news-events/duncan_wong/)

### PREP CLASS with Justine

On Friday 14 August 2009, Justine is offering a special class to help prepare us for Duncan's visit. She'll introduce us to his approach to flow. Register today.

[http://www.mountangoatyoga.com/news-events/duncan\\_wong/duncan\\_prep/](http://www.mountangoatyoga.com/news-events/duncan_wong/duncan_prep/)

## 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](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 August 09**

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