



Just GoAt It! Newsletter

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Issue: #15

22 July 2009

Satnam! Greetings Tara,

A important reminder about our summer siesta next week.

Summer Siesta

Monday to Friday Closure July 27 to 31

Both Mountaingoat Yoga Centres (Nepean and Kanata) are CLOSED July 27 to July 31 inclusive (Monday to Friday).

The centres are open on the weekends.

www.mountaingoatyoga.com

Free Outdoor Yoga

Even with the centres closed next week, the outdoor yoga class is being held on Wednesday 29th July.

We will set up at the Gazebo at Walter Baker Park from noon to 1:00pm as usual.



Pic is from Canada Day in Kanata 2009 - a restful group!

August Civic Holiday

Monday August 3rd

Centres are open for the following:

NEPEAN classes:

9:15 am Hot Power

12:15 pm Hot Power

KANATA classes:

9:00 am Hot Power

10:15 am Yin

Closed for evening.

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**

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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.

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Mountaingoat Yoga Centre | NEPEAN: 3350 Fallowfield Rd @ Woodroffe | KANATA: 150 Katimavik Rd, 2nd floor, Town Centre | Ottawa | Ontario | Canada