



Just GoAt It! Newsletter

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Issue: #16

06 September 2009

Satnam! Greetings Tara,

We have many great opportunities for you to connect with your Self and with others this fall.

Labour Day

Monday 07 September 2009

Please note that both Mountaingoat Yoga Centres are CLOSED for the day.

Have a restful and joyful day!

Fall Schedules

Effective Tuesday 08 September 2009

Schedules for both the Nepean and Kanata centres are online now. Paper copies are at the centres.

Check out the schedule and write down your classes into your calendar. The hardest part of a yoga practice is showing up for it.

<http://www.mountaingoatyoga.com/ottawa-yoga-classes-schedules/>

Free Outdoor Yoga

A big thanks to all those who made this summers' outdoor yoga class such a huge success. We wrapped up our 10 classes last Wednesday September 2nd.

Looking forward to seeing everyone at the centre this fall.



Workshops & Special Classes

In addition to the 25+ classes we offer on a weekly basis at each location, we have some special classes and workshops available.

Workshops are a great complement to your yoga practice - bringing about more awareness, playfulness and deeper understanding of the practice and of Self.

Some of the offerings:

- Partner Yoga (Sep 11)
- Laughter Yoga (Sep 12)
- Yoga on the Ball (Sep 13)
- Yoga Meditation (Sep 19)
- Intro to Yoga Classes (Sep 19)
- 108 Sun Salutations (Sep 20)
- Tweens Yoga Session (Sep 22)
- Naturopath Seminars (Sep 24)
- Kids Yoga Sessions (Sep 25)
- Homeopath "Too busy" Workshop (Oct 05)
- Intro to Ayurveda Workshop (Oct 24)

... and there's more in development.

Many of these special classes require pre-registration and need a minimum number of registrants to run. Sign up for one today!

Please check our events page for details:

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

We look forward to your next visit to the centres.
Sincerely,

Tara Vicckies & Heather Moore
Mountaingoat Yoga Centres
www.mountaingoatyoga.com

**2 for 1 on
regular drop-in
price of \$15**

Love yoga and want to entice a friend or family member to join you? OR, you need a little bit of company to stay motivated and keep up your practice.

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 15 October 2009

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