



Just GoAt It! Newsletter

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Issue: #17

12 September 2009

Satnam! Greetings Tara,

Connecting with the community is very important to us at Mountaingoat Yoga Centre. Below we have some simple ways that we can all get involved..

Sock it to Me!

It's a Sock-raiser

Starting on Saturday 12 September and running until Saturday 10 October, **we are accepting donations of NEW socks.**

The donated socks will be forwarded to men's and women's shelters in the Ottawa area.

For every pair of socks donated, there is a chance in a draw for one of: 10 class card, 5 class card or a tapas mat (per MGY location).

There's a bit of friendly competition between our Nepean and Kanata locations on this drive -- which centre is the bigger giver? Check at the centre or online for the weekly sock count.

More info and weekly results:
http://www.mountaingoatyoga.com/news-events/socks_yoga/

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.

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 15 October 2009

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