



Just GoAt It! Newsletter

In This Issue

[Thanksgiving Day](#)

[Ayurveda Workshop](#)

[Workshops Fall 09](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #18

09 October 2009

Satnam! Greetings Tara,

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

Thanksgiving Day

Monday 12 October 2009

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

We are offering FREE classes in the morning for our regular continuing students (cardholders).

Kanata: 8:45-10:00am - Hatha & Meditation with Tara
Nepean: 8:45-10:00am - Hatha Flow & Yin with Heather

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

Ayurveda Workshop

Saturday 24 October 2009

Join guest speaker Dr. Hemant Gupta for an informative workshop on the sister practice of yoga.

Time: noon - 3:00 pm

Cost: \$45, pre-register to ensure your spot

Ayurveda complements our yoga practice on the mat by bringing awareness to our natural constitution and taking a look at the nutritional aspects of our practice. It deepens our study of the Self.

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

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 in October:

- Partner Yoga (Oct 09)
- Laughter Yoga (Oct 10)
- Homeopath "Too busy" Workshop (Oct 19)
- Intro to Ayurveda Workshop (Oct 24)
- Naturopath seminar (Oct29)

... 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 31 October 2009

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