



## Just GoAt It! Newsletter

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**Issue: #19**

**04 November 2009**

Satnam! Greetings Tara,

In addition to the many drop-in classes on our schedules, we also offer other learning opportunities - special classes, workshops, lectures. These are informative, fun, entertaining and another way to connect. Read on for what's happening November.

### Intro to Homeopathy & Heilkunst

**Monday 23 November 2009**

**Time: 7:15 - 9:00pm**

**Cost: \$20**

**Kanata Centre**

Join our guest Dr. Wendy Knight-Agard in an informative evening. You will learn the basic concepts of Homeopathy where "like cures like".

Always wondered what this was all about. Now is the time to find out.

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

### Ayurveda - the sister science to Yoga

Guest speaker, Dr. Hemant Gupta, offer two opportunities to learn about this ancient science. 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. Ayurveda is an absolute complement to your physical yoga practice.

#### **LECTURE:**

Thursday 12 November 2009

Cost: by donation (suggested \$10)

Time: 7:15 - 8:30pm

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

**WORKSHOP:**

Saturday 28 November 2009

Cost: \$45

Time: noon - 3pm

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

Both events are held at the Kanata location. Pre-registration is required.

**Power Yoga 101**

Our teacher Mary-Heather is offering an opportunity to learn about the Power Yoga practice in depth. Still not sure about the 'jump back'? What's with that hovering? Wanting to get inverted, but need a bit more 'one on one' instruction? Here it is and more...

**Cost:** \$25

**Time:** 2:00 - 3:30pm

**Two Opportunities:**

Saturday 14 November 2009 NEPEAN or

Sunday 15 November 2009 KANATA

<http://www.mountangoatyoga.com/news-events/power-101/>

Pre-registration is required.

**Eoin Finn - Blissology and Power Yoga**

**Friday 27 November 2009**

**Time: 6:30 - 9:30pm**

**Cost: \$50**

**Nepean Centre**

Our favourite Vancouver yoga teacher is back for a visit. Come for a 'Blissology' discussion, a flowing vinyasa practice and an earth meditation. - Groovy

More info: <http://www.mountangoatyoga.com/news-events/eoin-finn/>

**Please Note:** He sold out last visit. Pre-register to ensure your spot.

**Workshops & Special Classes**

**Also available in November:**

- Laughter Yoga (Sat 14 Nov)
- Partner Yoga (Fri 20 Nov)
- Yoga Meditation (Sat 21 Nov)
- Naturopath seminar (Thu 26 Nov)

... 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](http://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 30 November 2009**

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