



Just GoAt It! Newsletter

In This Issue

Unlimited Yoga \$80

\$5 Friday nights

Join Our List

[Join Our Mailing List!](#)

Issue: #20

30 November 2009

Satnam! Greetings Tara,

Providing some motivation to keep up your yoga practice in December.

Unlimited Yoga \$80!

From 01 December to 31 December 2009

For the month of December, our Unlimited Yoga class pass is only \$80 (regular price \$130).

This is a great incentive to keep up your practice in what is often a very busy month. Continuing in your healthy habits to ensure that you ring in the New Year in fantastic spirits.

It's also a great opportunity for those new to Mountaingoat Yoga Centre to try out our variety of yoga styles and all of our great teachers.

More info: http://www.mountaingoatyoga.com/news-events/unlimited_yoga/

\$5 Friday nights

Our community Hot Power Yoga class at 5:30pm Friday nights continues at only \$5.

You may enjoy this class at either Mountaingoat Yoga Centre (Nepean or Kanata).

We are often asked why we provide this class. It's our pleasure to to serve our community as best as we can. Making yoga more affordable and accessible to all.

For our continuing students, this a great chance to get in one more class for the week.

For students new to the centre, it provides a introduction to

our popular Hot Power style of yoga.

For whatever reason you show up, it's a great sweat, a good release and a great preparation for the weekend.

ENJOY!

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 December 2009

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to mountaingoatyoga@rogers.com by mountaingoatyoga@rogers.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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