



## Just GoAt It! Newsletter

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**Issue: #21**

**18 December 2009**

Satnam! Greetings Tara,

With winter officially arriving on Monday and end of year festivities just around the corner - 'tis the season for celebration.

Every time we show up on our yoga mat, we are celebrating. In practicing balance, dedication to health and connection with self and others, we are rejoicing in life. Savour every moment.

### Winter Holiday Changes

#### Fall 2009 schedule continues until 02 January 2010

#### Some changes for the Holidays:

Thursday 24 December: closed evening

Friday 25 December: closed all day

Saturday 26 December: open for regular classes

Sunday 27 to Wednesday 30: open as usual

Thursday 31 December: closed evening

Friday 01 January: closed\*

\* we are offering the following FREE classes to our regular, continuing students on January 1st:

@ Kanata: 8:00a - 9:00a Hot Power with Heather

@ Nepean: 8:00a - 9:30a Hot Power Flow with Justine

You can also find this info on our website:

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

Winter Schedules will begin Sunday 03 January 2010.

Paper copies to be available soon.

Website will be updated January 1st.

Mountaingoat Yoga Centre is...

**Mountaingoat Yoga Centre is...**

**COMMUNITY:** A place for family, friends and neighbours to gather.

**CONNECTION:** The journey of becoming whole within ourselves and deepening our understanding of the world around us.

**JUST GoAt IT:** Learning to take our next step confidently, without hesitation. Engaging in life, in the moment. Engaging fully.

...and most of all...

**YOU:** We do offer a warm, welcoming environment and trained, friendly yoga teachers for your practice, but what really matters is YOU. When we each show up together to practice being strong, flexible and balanced, it is in the gathering of each individual that the whole experience deepens. The synergy that is created through each individual contribution is what makes Mountaingoat Yoga Centre special. Thank YOU.

As teachers, it is our greatest pleasure to be witness to your yoga journey of unwinding, unfolding, developing, becoming...

We can't wait to witness your developments in 2010!

We are thankful for another great year and 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 per promotion. 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 January 2010**

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