



Just GoAt It! Newsletter

In This Issue

[Winter Schedules](#)

[Workshops 2010](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #22

01 January 2010

Satnam! Greetings Tara,

Happy New Year!

Winter schedules are now fully online.

Remember that a consistent yoga practice has the most benefits - whether it's once a week or every day - keep it up!

While yoga has many benefits, like toning the body and calming the mind, many students come into the centre for an hour of retreat - time for themselves. Schedule time to RENEW. RECHARGE. RELAX.

Winter Schedules 2010

Effective 02 January 2010

At Nepean/Barrhaven location:

Only a small change Monday night, otherwise the Fall 2009 schedule continues...

At Kanata location:

Some changes from the Fall... in particular we are offering more Yin Yoga - whether it's a 15 min add-on to a Hatha class or a full hour on Wednesday nights.

Follow this link to the full schedules:

<http://www.mountaingoatyoga.com/ottawa-yoga-classes-schedules/>

Workshops and Special Classes

There are already many opportunities in 2010 to deepen your yoga practice. Here's a few:

JANUARY:

Jan10 - Laughter Yoga

Jan15 - Partner Yoga

Jan16 - Yoga for Beginners

Jan17 - Animal Totems - listening when nature speaks
 Jan23 - Master Class with Adnan
 Jan30 - Breathing (Pranayama) Workshop

FEBRUARY:

Feb12 - Partner Yoga - Valentine's Theme
 Feb15 - Laughter Yoga - Family Day Fun!
 Feb16 - Intro to Ayurveda (yoga's sister practice)
 Feb21 - Yoga for Beginners
 Feb28 - Yoga Meditation
 Feb27 - Meditation Workshop

NOW AVAILABLE - online sign-up for workshops and special classes. Just follow the links from the events page. All that's required is name, phone# and email address. You will receive an email confirmation. Online sign-up reserves your spot in the event. Payment at the centre will guarantee your spot. **Note:** You may still sign-up for events at the centre in person. Your full name, phone# and email address will be required to confirm registration.

EVENTS LISTING:

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

May 2010 unfold with many blessings.
 We await 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 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

[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