



Just GoAt It! Newsletter

In This Issue

[Family Day](#)

[Workshops 2010](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #23

12 February 2010

Satnam! Greetings Tara,

It's all about LOVE this weekend when we celebrate Valentine's Day and Family Day.

We practice love for Self when we show up on our mat to practice our yoga. With every yoga class we re-commit to taking care of ourself - becoming stronger, more supple, more balanced, more of our Self. So, in doing yoga we have made ourself more loving and lovable.

Family Day

Monday 15 February 2010

The schedules for Monday:

At Nepean location:

9:15a Hot Power
12:15p Hot Power
5:00p Hatha Flow

At Kanata location:

9:00a Hot Power
10:15a Yin
12:00p Laughter Yoga - \$10 pre-register required
5:30p Hot Power Basics

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

Workshops and Special Classes

To deepen your yoga practice:

FEBRUARY:

Feb13 - Meditation

Feb15 - Laughter Yoga - Family Day Fun!

Feb16 - Intro to Ayurveda (yoga's sister practice)

Feb21 - Yoga for Beginners

Feb28 - Yoga Meditation

Feb27 - Meditation Workshop

Feb27 - Restorative Yoga

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/>

We look forward to seeing you soon on your mat.

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 28 February 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