



Just GoAt It! Newsletter

In This Issue

[Amnesty Yoga Day](#)

[Easter Weekend](#)

[Workshops](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #24

20 March 2010

Satnam! Greetings Tara,

Happy first day of Spring!

We've been enjoying Spring weather for a few weeks now, but it's officially here today. Start your Spring cleaning by putting the boots away and getting out the flip flops. Then, schedule in some yoga to clean the body from the inside out. Some opportunities below... Read on...

Yoga for Amnesty

Events supporting Amnesty International's Human Rights Efforts

Yoga Day is an annual, national event that started at Mountaingoat Yoga Centre 5 years ago. After the success of the first Yoga-thon, which was a 24 hour event, the decision to do it again was easy. After the 2nd event a year later, again at Mountaingoat, yoga centres in the region wanted to participate too. Now, for the second year in a row, studios, teachers, and students all across Canada will be coming together to raise money and awareness.

EVENTS at Mountaingoat Yoga:

Friday 26 March 7:30p Movie Night
 Saturday 27 March 8:00a Class: Salutations & Savasana
 Sunday 28 March 5:30p Meditation for World Peace
 Saturday 03 April 1:30p Laughter Yoga

Mark your calendar for at least one of these events. Support the movement for basic human rights for ALL.

For location, detailed information and to **SIGN-UP** visit:
http://www.mountaingoatyoga.com/news-events/amnesty_yoga/

Donations can be made securely online at:
<http://amnesty.akaraisin.com/p/mountaingoatyoga.aspx>

Tax receipts can be issued for gifts of \$10 or more.

Easter Weekend

Some schedule changes for the Easter weekend April 2 to 5, 2010

Revised Schedule:

Friday 02 April - open AM & noon classes, closed PM

Saturday 03 April - open as usual for scheduled classes

Sunday 04 April - centres closed *

Monday 05 April - open AM & noon classes, closed PM

* While the centres are closed for Easter Sunday, we are offering our regularly attending students a **FREE** class that morning at:

NEPEAN: 8:00a-9:15a Power Flow with Justine

KANATA: 8:30a-9:30a Hatha Flow with Tara

NOTE: A regular drop-in fee will apply for students new to the centre who attend these free classes.

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

Workshops and Special Classes

To deepen your yoga practice:

APRIL EVENTS:

- [Apr03- Moving into Balance Workshop](#) (Kanata)-learn the art of balance postures
- [Apr03- Laughter Yoga](#) (Kanata)-class in support of AMNESTY
- [Apr10- Yoga Meditation](#) (Kanata)
- [Apr11- Restorative Yoga](#) (Nepean) unwind & relax
- [Apr14- Yoga for Wellness](#) (Kanata) - working with the hips
- [Apr17- Workshop Series](#) - (Kanata) Intro to Mantra (Sounds/Vibrations)
- [Apr18- Yoga Meditation](#) (Nepean)

SIGN UP ONLINE - 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 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 30 April 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