



Just GoAt It! Newsletter

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Issue: #26

01 April 2010

Satnam! Greetings Tara,

Some schedule changes to note for this Easter weekend.

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- Laughter Yoga (Kanata)- CLASS CANCELLED :-)
- Apr10- Yoga Meditation (Kanata)
- Apr11- Restorative Yoga (Nepean) unwind & relax
- Apr14- Yoga for Wellness (Kanata) - working with the hips

- [Apr17- Full Body Yin Class \(Nepean\) - 2 hours of bliss](#)
- [Apr17- Workshop Series - \(Kanata\) Intro to Mantra](#)
- [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. You 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

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