



Just GoAt It! Newsletter

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Issue: #27

14 May 2010

Satnam! Greetings Tara,

Keeping you informed about all that's coming up at the centres.

INVENTORY CLEARANCE & OPEN HOUSE

Saturday 22 May 2010, 9am-5pm (Kanata)

It's time for spring cleaning in Kanata! If you haven't visited the Kanata centre yet, this is the day to come out. ALL of our inventory is on sale from **25% to 75% off**. Mats, straps, candles, posters, books, Margarita clothing & more -- it's all on sale! One day only.

Just visiting? **Enjoy a cup of tea** and ask all your yoga questions about how to get started or what's the next step for your practice.

At **noon**, we are holding a **Yoga Teacher Training information session**. Meet your program directors and have all of your questions answered about taking this path.

Sign-up for June or Summer unlimited packages (for either Kanata or Nepean centre) and **receive a special gift**.

More details: [Open House & Inventory Sale](#)

Note: Morning classes will run as usual in Kanata. Try out our new summer class @ 8am 'Salutations & Savasana'.

See you there!

VICTORIA DAY

Monday 24 May 2010

Some schedule changes to note...

NEPEAN:

Sunday 4:15pm class is cancelled (AM classes run as usual)

Monday 9:15am class is running, closed the balance of day

KANATA:

Monday 9:00am class is running, closed the balance of day

Have a wonderful long weekend.

Web: [Victoria Day info](#)

UNLIMITED YOGA in JUNE

Only \$90 including GST (regular price \$130)

Unlimited yoga passes are always available and they're a great idea for those students who want to get in at least 3 classes a week on a regular basis.

Now, more students can try out unlimited access to all of our regularly schedule classes at 30% off. Make sure that you get full value of this special pricing by planning to attend at least 8 classes in June.

You can sign up on your next visit to the centre* or on your first visit in June. The pass is valid only from June 1st to 30th.

More info: [June Unlimited Yoga](#)

* Sign-up for this June unlimited special on Saturday May 22 at the Open House & Inventory Sale in Kanata and receive a special gift!

HST

Harmonized Sales Tax

Effective July 1st 2010, 13% HST will become fully effective. HST has been legislated to be applied to most goods and services in Ontario. Previously, for services like your yoga classes, only 5% GST was applicable. As at July 1st, 13% HST will be applied to the cost of services.

A transitional period was deemed necessary to start applying HST to those services that are prepaid (like class cards) where most of the service would rendered after June 30th. Mountaingoat Yoga centre is required to collect the HST for the sale on most of its class cards during the period of May 1st to June 30th.

Mountaingoat Yoga Centre is going to cover the HST due to the government during the transition period. Students will continue to only pay 5% GST during this period.

On July 1st, the total cost to students will change. **We have made an effort to adjust down some of our prices to minimize the full effect of the additional 8% tax with the HST.**

Visit our Prices webpage for more details:[HST impact](#)

Should you have any questions or concerns about the HST impact at the yoga centre , please [EMAIL](#) us.

POWER YOGA TEACHER TRAINING

Starts October 2010

You love yoga. It's makes you feel good. You're stronger, more supple and balanced. You feel less stress and enjoy more energy.

Now, it's time to share with others what you know of yoga. The next step is teacher training.



Mountangoat Yoga Centre is a 200-hour recognized training centre by Yoga Alliance. Your program leaders, Heather & Tara, both experienced, registered yoga teachers, have enjoyed the benefits of a consistent yoga practice for many, many years. Each have taught thousands of yoga classes. They are ready to guide you through the next phase of your practice - teaching.

Information Session: NOON, Saturday 22 May 2010, in Kanata

Registration Pricing & Deadlines:

- **June 1, 2010:** \$2,200 +HST (plus receive a \$50 gift certificate AND unlimited yoga in June, July & August)
- **July 1, 2010:** \$2,300 +HST (plus receive a \$50 gift certificate AND unlimited yoga in July and August)

- **August 1, 2010:** \$2,400 +HST (plus receive a \$50 gift certificate)
- **September 1, 2010:** \$2,500 +HST

More information & dates: [Yoga Teacher Training](#)

WORKSHOPS & SPECIAL CLASSES

Opportunities to Deepen Your Yoga Practice

MAY 2010:

[May15- Yoga Meditation](#) (Kanata)

[May22- Yoga Teacher Training INFORMATION session](#)
(Kanata)

[May26- Chair Yoga](#) (Kanata) - 6 week SESSION

[May29- The Yoga of Eating](#) (Kanata) Yogic View of Nutrition

[May30- Yoga for Charity](#) (Nepean) \$10 class for cancer research

[May30- Yoga Meditation](#) (Nepean)

Pre-registration is required for all of our workshops and special classes/events. Online sign-up is available - just follow the links. More info: [Workshops & Special Classes](#)

We do have minimum and maximum number requirements for participation for these events, so register early to ensure your spot and that the event will run.

Suggestions for an event? [EMAIL](#) us with your ideas.

We look forward to 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

Offer Valid until 30 June 2010

Treat yourself and a friend to a yoga class for only the price of one drop-in price (\$15)

One coupon per customer per promotion period.
Not valid with any other offers.
Coupon valid at either Nepean or Kanata Mountaingoat Yoga Centre.

Please present this coupon to enjoy this offer.

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Mountaingoat Yoga Centre | NEPEAN: 3350 Fallowfield Rd @ Woodroffe | KANATA: 150 Katimavik Rd, 2nd floor, Town Centre | Ottawa | Ontario | Canada