



**REGISTER EARLY  
SPACE IS LIMITED!**  
Previous Sessions  
Filled Quickly!

**MOUNTAINGOAT YOGA CENTRE**  
150 Katimavik Rd. 2nd Floor  
[www.mountaingoatyoga.com](http://www.mountaingoatyoga.com)  
613-271-8998

# Tweens & Teens YOGA

for boys & girls age 11 to 14

~ Fall Session ~

**Tuesday - 4:30 to 5:30 pm**

**September 21<sup>st</sup> to October 26<sup>th</sup>**

**6 weeks - \$70.00**

Register ONLINE at [www.mountaingoatyoga.com](http://www.mountaingoatyoga.com)

- o Learn to breathe deeper, stretch further & smile wider!
- o Improve flexibility and focus
- o No experience necessary - a great compliment to other sport training



Classes led by Erin - Certified Yoga Teacher & Hockey/Soccer Mom