



Just GoAt It! Newsletter

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Issue: #28

25 June 2010

Satnam! Greetings Tara,

We have some great opportunities for you this summer at our centres - great deals, new classes, workshops... Read on...



We are now on Twitter! Get quick updates delivered right to your mobile phone. Follow us!

CANADA DAY

Thursday 01 July 2010

**Both Centres
are CLOSED on
Canada Day.**



We will be at the 'Canada Day in Kanata' celebrations again this year for **FREE outdoor yoga**.

WHERE: Walter Baker Park, on Terry Fox Dr,
near the Kanata Rec Centre
setting up on the grassy area behind main stage

TIME: 11:00am - noon

Bring your mat or towel, sunglasses and a smile.
Everyone welcome. See you there!

Web: [Canada Day](#)

SUMMER SCHEDULES

Starts Friday 02 July 2010

Paper copies of the schedules are now available at the centres. Schedules will be available online the evening of June



30th (unless you've already found the link at the bottom of spring schedules!).

You'll notice that there isn't much change from the spring schedule and we're very pleased to offer this consistency to our students.

- As usual, our \$5 community Hot Power classes on Fridays at 5:30pm will go on hold for the summer. Look for their return in September.

- Added to the schedule this summer is a \$5 drop-in Meditation class Mondays at 8:30pm in Kanata.

Web: [Schedules](#)

UNLIMITED YOGA this SUMMER

Only \$170 including HST (valued at \$260)

For the first time ever, we are offering a Summer Unlimited yoga pass valid for 60 days! It's as low as \$2.83 a day!

Now, more students can try out unlimited access to all of our regularly schedule classes at 35% off. Make sure that you get full value of this special pricing by planning to attend at least 15 classes this summer.



You can sign up on your next visit to the centre or on your first visit in July. The pass is valid only from July 2nd to September 5th.*

Web: [Summer Unlimited Yoga](#)

*Please note that the centres are closed for drop-in classes from July 26 to 30 inclusive.

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.

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.



Mountaingoat 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.

Next Information Session: 12:30pm, Saturday 21st August 2010, at the Nepean location - reserve your spot online

Registration Pricing & Deadlines:

- **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

- [Jul09- \\$10 Yoga for Charity \(Nepean\)](#)
- [Jul08 - Gentle Yoga \(Kanata\) 4-week SESSION](#)
- [Jul10 - Yoga for Beginners \(Kanata\)](#)
- [Jul21- Chair Yoga \(Kanata\) - 6-week SESSION](#)
- [Jul26- Yoga Intensive \(Nepean\) - 5-day cleanse](#)
- [Aug05 - Gentle Yoga \(Kanata\) 4-week SESSION](#)
- [Aug14 - Yoga for Beginners \(Kanata\)](#)
- [Aug21- Yoga Teacher Training \(Nepean\) Info Session](#)



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

Thanks for Subscribing to our E-Newsletter !
Treat yourself and a friend to a yoga class for only the price of one drop-in price (\$16)

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. (Issue#28)

Offer Valid until 31 July 2010

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