

# MGY Yogapalooza

September 11<sup>th</sup> – September 14<sup>th</sup>



Jason



Nash



Jason



Nash

Please support Childhood Cancer month! All donations go directly to CHEO!  
3 easy ways to donate:

**1- Purchase raffle tickets for our beautiful basket: \$250 value. 5 tickets for \$10. Feel free to purchase in studio or by e-transfer ([contact@mountaingoatyoga.com](mailto:contact@mountaingoatyoga.com)) and we will add your name to the raffle.**

**2- Click on this QR code and donate directly to TEAM MOUNTAINGOAT!!**



**3- Book any of the following classes and MOUNTAINGOAT YOGA will donate \$10 to CHEO for each participant!!!**

**Wednesday September 11<sup>th</sup>:**

9 am Yin  
10:30 am Hatha Basics  
12:00 pm Warm Rhythm & Flow

**Friday September 13<sup>th</sup>:**

9 am Hatha Basics  
10:30 am Warm Power  
12:00 pm Warm Yin

**Saturday September 14<sup>th</sup>:**

8:30 am Hot Power  
10:00 am Hatha Basics  
11:30 am Yin