

# Animal Yoga on the Farm

- Goat Yoga or Alpaca Yoga
  - Up to 20 participants (due to fencing size)
  - Others may participate outside of the fencing
  - 5-10 goats or alpacas
  - We will provide the yoga instructor, animals, and fencing.
  - Please have participants bring towels or yoga mats. Goats like to chew, so towels are a good choice.
  - Any age may participate in animal yoga. Please be aware of your physical limitations.
- What to bring
  - Yoga towel or yoga mat: This will get dirty, so please bring something that you don't mind having it get dirty.
  - Comfortable clothing: Wear stretchy, breathable, comfortable clothes
  - Water bottle
  - Towel
  - Camera: Remember to take pictures of the fun event!
- What to expect:
  - 45 minutes of yoga, followed by 15 minutes of socializing with the animals.
  - Playful goats: Goats will roam around, and may hop on your back or climb on your lap. Goats like to chew, and may try to chew on your hair or clothes.
  - Relaxing Atmosphere
  - All levels welcome
- Instructor
  - Farm owner, Katie Fallon, is a certified Yoga Instructor and is qualified to teach group classes.
- Tips:
  - No public restroom is available at this time.
  - Porta-Potties can be arranged for rental for an additional cost.
- Pricing details:
  - \$20 per person per class

