

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

