



*Back to Nature*  
RETREAT

## Goat Yoga



If you're looking for a unique yoga experience, then our Goat Yoga classes held at Early Dawn Goat Dairy in Water Valley is just for you! We have had such a tremendous response to this class and we know you are going to enjoy your experience with these awesome goats! Feel free to pet and snuggle the goats when they come up to you! They are attracted to calm energy and enjoy a good scratch under the chin or behind the ears! You can look forward to an amazing, relaxing, and informative time at the Early Dawn Goat Dairy! Goats are truly awesome creatures that will help you "get back to nature!"

- Due to limited parking, rough access road, and biosecurity restrictions at the dairy, we require all class participants to arrive by their Freebird Adventure Bus, which will pick you up, and drop you back off at Back to Nature Retreat the day of your class.
- If you do not have your own yoga instructor, Annalise Coles or Lisette McCracken will be your instructor, and Dawn Kay is the owner of Early Dawn Goat Dairy. They are looking forward to hosting you and will be happy to assist you in their respective fields, while you are at the dairy.

### About the Class:

- The classes are held outside, so please dress for the weather! If heavy rains or extreme cold is in the forecast, we cancel or reschedule the class.
- Fresh straw and bedding will be laid down prior to each class.
- Please bring a mat or old towel to place on the ground for your space. Some people bring a blanket to place on top of their yoga mat for extra comfort and warmth.
- A natural, scent free, essential oil cleaning spray will be provided so you can spray the bottom of your mat before and after class.
- Please wear clean footwear that is free of mud/manure. Rubber boots are recommended as the ground may be wet and/or muddy around the barn.
- Each person will step in a boot wash to disinfect prior to entering the corral. This is to protect the animals from anything that may have been picked up from other animals.
- Most people take their boots off during the class. Be sure to bring warm socks so your feet don't get cold!
- Herbal Tea and light snacks will follow the class.
- No food or drinks are allowed while you are with the goats (except a water bottle)
- Goats are extremely curious! You can expect all your clothing to be nibbled on, tugged, zippers pulled, etc. You may even experience a wandering goat nose in unexpected places!
- You are welcomed to take photos and videos of the goats. Just make sure you keep an eye on your stuff! It is your responsibility to ensure your phone/camera are safe.
- Upon registering, we will send you a list of what to bring

Cost is \$60 per person (+ gst) and includes transportation. Duration is approximately 2 hrs.

**\*Minimum of 6 people required for a session**