

Goat Yoga

at

Hedgehog Hollow

with Tricia Rix

DATES

Saturday
May 23, 2026

Saturday
July 4th, 2026

Saturday
September 5th, 2026

All classes
start at
9:30am

What to bring-
yoga mat/blanket
or towel,
bug spray
and water

\$30
per person
cash only

Call/Text
Kristin at
518-524-5356
to sign up



Held outdoors at Hedgehog Hollow

110 Davids Way, Lake Pleasant, NY 12108