



# GOAT YOGA 2025

## With Tricia Rix

Tricia is a certified and fully insured yoga instructor hosting her first goat yoga classes at our farm! Classes are an hour in duration, are laid back and beginner friendly!

### What to Expect

Our Goat Yoga classes are an hour in duration and include a laid back, no pressure atmosphere. Classes are beginner friendly, we welcome everyone!

The goats are free to roam amongst the guests and mingle as such. We encourage guests to only bring the absolute necessities as goats are curious and nosey beings.

#### What to Bring:

- Yoga mat and/or blanket or towel
- Water
- Bug repellent and/or sunscreen

Classes are \$30 per person (cash only please)

Payment is due the day of each class

### 2025 Dates:

Saturday, June 21<sup>st</sup>

Saturday, June 28<sup>th</sup>

Saturday, July 5<sup>th</sup>

Saturday, August 2<sup>nd</sup>

Saturday, August 23<sup>rd</sup>

All classes start at 9:30am

Hedgehog Hollow  
110 Davids Way  
Lake Pleasant, N.Y. 12108

Contact Kristin Yoder to signup



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Call or Text



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