Family Goat Yoga at Westview Orchards & Winery





Saturday Mornings: June 19, July 24 Check-In 10:30AM; Yoga Class 11AM-12PM Wednesday Evenings: June 30, July 28 Check-In 6:30PM; Yoga Class 7-8PM

Pre-registration with Westview required: <u>https://westvieworchardsandwinery.ticketspice.com/2021-goat-yoga</u>

Bring the entire family and join UpDog Yoga at Westview Orchards & Winery for a KID-friendly Goat Yoga experience followed by time for photos with the goats. Westview cider and donut are included with your admission. Kids and adults alike will enjoy a beginner-level Family Basic Yoga class in the company of adorable, young goats, who stroll around and interact with the class – children ages 10 and up welcome.

The goats are naturally friendly and curious so they will walk on your mat, jump on your back, and frolic and play amongst the activity. Lighthearted and fun, Goat Yoga in the open air of Westview's outdoor pavilion!

Dress for the elements in comfortable yoga/workout clothes and bring your yoga mat or a towel. We highly recommend NOT wearing your "best" as it is an outdoor setting with furry friends.

Please arrive 30 min. early for check-in. Yoga class is one hour, followed by photo opportunities with the goats and Westview cider and donut.

Space is limited. Pre-register online with Westview: <u>https://westvieworchardsandwinery.ticketspice.com/2021-goat-yoga</u>



Westview Orchards & Winery is located at 65075 Van Dyke in Washington, MI (corner of 30 Mile Rd. and Old Van Dyke) 586-532-3123

Www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668 Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickOnDetroit.com