

# Goat Yoga Class at Westview Orchards & Winery



**Wednesday, June 20**

**6:30-8:30PM**

**\$40 per person**

*pre-registration required*

UPDOG YOGA

## ***Guaranteed To Make You Smile And Likely Laugh Out Loud At Least Once – We “Kid” You Not, Goat Yoga Is Yoga Therapy!***

Join UpDog Yoga at Westview Orchards & Winery for a Basic Yoga class in the company of adorable goats, who stroll around and interact with the class. 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 as you practice your asanas.

Lighthearted and fun, goat yoga is very therapeutic in the open air of Westview’s outdoor pavilion. Following the class, join us in the Westview Winery for a complimentary beverage and appetizers included with your admission. Then take your time to further connect with nature by exploring the picturesque setting of Westview’s farm and orchard grounds at your leisure.

Dress for the elements in comfortable yoga/workout clothes and bring your yoga mat (additional mats available for use first-come, first serve). We highly recommend NOT wearing your “best” attire or favorite yoga mat as it is an outdoor setting with furry friends. Please arrive 15 min. early for check-in. Yoga class is one hour, followed by photo opportunities with the goats and Westview Winery immediately thereafter.

**Space is limited. Contact Westview Orchards & Winery direct to pre-register: [www.westvieworchards.com](http://www.westvieworchards.com) 586-752-3123**



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



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

*Named “Best Yoga Studio In Metro-Detroit by ClickonDetroit.com*