

Goat Yoga Class at Westview Orchards & Winery



Five Wednesdays in May-June To Choose From:

5/20, 5/27, 6/3, 6/10, 6/17

7:00-8:30PM

\$45 per person (includes glass of wine or hard cider)

Pre-registration with Westview required: 586-752-3123

www.westvieworchards.com/booking-and-sign-ups

Guaranteed To Make You Smile And Laugh Out Loud – Goat Yoga Is Yoga Therapy!

Join UpDog Yoga at Westview Orchards & Winery for a Basic Yoga class in the company of adorable young 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 barn loft of Westview Orchards Winery for a glass of wine or hard cider (included with your admission).

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 thereafter.

Space is limited. Contact Westview to pre-register: 586-752-3123

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



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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