



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOAT YOGA



Yes, Goat Yoga is a thing! This is a wonderfully therapeutic craze that will have you giggling more than practicing! Goats are intelligent, friendly, and snuggly soft. Many people are using Goat Yoga as therapy. It won't cure diseases, but really helps people cope with whatever they're going through. It can be very grounding and relaxing to feel small animals hop onto your back whilst trying to focus on something difficult—like plank pose! You get a little massage while improving your balance. It's also hard to be sad or depressed when a baby goat jumps on you, or wants a cuddle.

Saturday, October 27th (2:00pm–3:30pm)

at Windrunner Therapeutic Riding Center for Goat Yoga!

7106 NC Hwy, Ramseur, NC 27316

Carpooling available at 1:30pm (meet at the Y)

COST: \$25/Members; \$30/Public

RANDOLPH-ASHEBORO YMCA

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