

Goat Yoga Class at Westview Orchards & Winery



Thursday, Aug. 9

6:30-8:30PM

\$40 per person

pre-registration required with Westview

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.

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: 586-752-3123**



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



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