

GOAT YOGA



Would you do yoga with goats roaming around you? What about letting them walk across your back while you stretch?

Grab a stuffed animal (a goat or whatever friend is close by) and try this goat yoga video!

[CLICK HERE](#) for the Goat Yoga Video

TIP: Use your stuffed animal during yoga or breathing exercises. Place the animal on your back or belly - it will move a lot when you take a BIG breath, or just a little when you take a smaller breath. Breathe slow and controlled to keep it balanced.