

NEW IN THE ENGADIN: GOATS YOGA

The energizing yoga experience with the 5 lovely goats and Diana, a certified yoga instructor, takes place at special power places in the St. Moritz area and is suitable for all levels. While doing physical exercises and breathing techniques, calmness and serenity in everyday life become possible. Previous knowledge is an advantage, but not necessary.

Program ca. 90 minutes
Meeting according agreement, meet and greet, information about MGDG - the special goats project, yoga-/goats lesson, placing the yoga mat and »arriving« (ca. 15 min.), 60 min. yoga und meditation, edelweiss tea (15 min.)

Dates September 13, 19, 27, 2018, further dates on request
01.00 – 02.30pm

Price private lesson, max. 10 persons CHF 360
Min. 6 persons, per person CHF 36

The costs include a special animal/nature experience with a journey to yourself. A lot of peace and quietness and perhaps also a grin, certified yoga teacher, « animal coach », rental mat & blanket, St. Moritz tap water, tea

Comments

- comfortable (old!) & warm cloths, sneakers (or barfoot)
- Insurance is the responsibility of the participants (the goats are covered by liability insurance)
- The lesson does not take place in case of rain
- The animals are used to humans and regularly checked by the vet. team of Clinica Alpina SA, Samedan (vaccinations, deworming, ...)
- The program is not suitable for pregnant women and allergy sufferers
- No dogs and spectators possible
- do not feed the goats, please



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