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# GOATS & YOGA?

## YES PLEASE!

### GOAT YOGA EXPERIENCE LAKELAND HILLS FAMILY YMCA

You've heard the fun stories about goat yoga, and now you can experience it for yourself. Two sessions are available, and yoga experience is not required – just a healthy sense of humor! Our furry friends are guided around the room with their trainers while you stretch your worries away with a unique yoga experience. Limited spots available.



#### DATE

Sunday, June 12

Register now: [Program Registration | YMCA Counter \(lakelandhillsymca.com\)](#)

#### TIME

9:45am–11:00am

#### AGES

13 and older

#### FEES

\$40 members / \$50 non-members

#### LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

