Is Baby Goat Yoga Right for Your Group?

Baby Goat Yoga is designed to be fun, playful, and memorable—but it's not a traditional yoga studio experience. This section will help you decide if it's the right fit for your group.

Baby Goat Yoga is a GREAT fit if your group:

- Loves animals and isn't afraid of close interaction with goats
- Enjoys laughter, photos, and a relaxed, lighthearted atmosphere
- Is looking for a unique bonding experience (sports teams, birthdays, bachelorette, friend groups, corporate teams, school groups, etc.)
- Is comfortable being outdoors on grass and uneven ground
  Is okay with goats climbing, cuddling, nibbling, or interrupting poses
- Understands this is more about the experience than perfect yoga form

Baby Goat Yoga may NOT be the best fit if your group:

- Is looking for a quiet, silent, or deeply meditative yoga class
- Prefers a fast-paced, fitness-focused, or advanced yoga session
- Is uncomfortable around animals, animal smells, or outdoor environments
- Has concerns about clothing getting dirty, stepped on, or chewed
- Requires a fully controlled or distraction-free setting

Important Things to Know Before Booking:

- Goats are curious and unpredictable (in the cutest way)
- Laughter, movement, and noise are normal and encouraged
- Participants should be comfortable getting up and down from the ground
- This is a shared experience—guests are welcome to take photos, interact with goats, or simply relax and observe
- While our instructors provide modifications, this is not a therapeutic or clinical yoga session

If your group is coming with an open mind, a sense of humor, and a love for animals, Baby Goat Yoga is almost always a hit—and often talked about long after the session ends.