Yoga with Alpacas at Alpaca Meadows

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Combine the peacefulness one feels when spending time in the presence of ALPACAS, with the discipline of YOGA, widely practiced as an aid to better health, stress reduction, and greater relaxation. Put the proceeds of this fun event towards a good cause, and what do you have? A Win-Win for Everyone!



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Beth Hatheway, Fitness and Yoga Instructor at the Mansfield Area YMCA, is donating her time and expertise, Alpaca Meadows is providing the place. All proceeds will go to the "Summer Reading Program-Superhero Training Academy".

Limited Space for 25 People, Registration Required. Fee $20

www.alpacameadows.com

Alpaca Meadows; 1200 Rock Rd; Mansfield, Ohio (419) 529-8152

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Saturday, June 2nd
10:00am-11:00am

This is the first time we have done this so it should be interesting. Alpacas are very curious, so I

would imagine they will come close to see what's going on. They are also shy, so doubt that they'll want to share your mat, or invade your space.

Please remember to bring a mat, or beach towel, and a water bottle. Be sure to allow time to visit with the alpacas after class, and shop in our Farm Store (full of products made from alpaca fiber).

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To register, click **HERE**

In the event of rain, or soggy pasture, an email will be sent out Saturday morning by 8am and also posted on **Alpaca Meadow's Facebook** page.

Alpaca Meadows
1200 Rock Rd., Mansfield

Photo Credit: Facebook Event Page

http://www.mymidohio.com/modules.php?name=News&file=article&sid=615