



Alexandra Heck/Metroland

IFP reporter Alexandra Heck tried goat yoga at the Acton Farmer's Market, and found it to be an invigorating experience.

# HERE'S WHAT HAPPENED WHEN I TRIED GOAT YOGA IN ACTON

## HAVE YOU EVER HAD A GOAT NIBBLE YOUR SHIRT WHILE YOU DOWNWARD DOG? TRUST ME, IT'S A GOOD TIME, WRITES HECK

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I sat down on the ground and was mobbed by fuzzy little noses.

Sitting in the goat pen, I knew this wasn't going to be a Zen, meditative experience.

What I didn't know though, was how giddy and joyful a yoga experience could be.

The little hooved critters danced in between everyone as they moved from sun salutations, to downward dog and back again.

They nuzzled, they frolicked, they peed.

What I learned is that goats make yoga something different entirely.

In a regular class, it's easy to bury your mind within yourself, to go into a deep meditative state, ignoring your surroundings.

That's not what happened in goat yoga, instead it was an energizing

and uplifting session filled with laughs and surprises.

These naturally curious and mischievous animals nuzzled everyone in the yoga class, checking out their smells, clothes, hair and mats.

Everything was new to them and they had to know more.

As the class began, I bent down into a forward fold and my hair fell down to my mat.

The little brown goat was enamored with my hair, and I have to say, the feeling of the snuffling nose was a little soothing.

A giggle erupted a few mats down, and a little goat was nibbling on someone's shirt.

When the instructor went to move into a position on her hands and knees, she gingerly moved one on the inquisitive critters to the side.

When she went into downward dog, he put his front hooves on her back.

Rain started falling partway through the class, the goats bleated in confusion, but the yoga instructor kept on.

With rain, goats and on-lookers watching the strange spectacle, there was certainly no way to lose yourself and forget the surroundings.

That's not what this was though, it was invigorating. It was funny, weird and quirky.

It was a reminder not to take anything too seriously, because hey, these goats sure aren't, and we're doing yoga with them in the pouring rain.

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