

# GOAT YOGA

With Instructor Shannon Sims



**Sunday, March 14th**

8:00 AM and 9:15 AM

at the FireFighters Ag Barn

1 Hour class for \$30.00

Bring your mat and a towel for under the mat, you will be exposed to baby goats.

Indian River County Fairgrounds, 7955 58th Ave. Vero Beach, FL

\*\*\*Liability and COVID Waivers must be signed in order to participate. Social Distancing protocols to be followed; classes are limited to 20 participants, and masks are required. \*\*\*

8:00 AM and 9:15 AM... ZOOM Sessions now available!

1 Hour class for \$5.00

Want to participate safely distanced from home? Join a class via Zoom!

All proceeds raised go to offset the costs for the youth exhibitors showing their projects during the fair.

PLEASE pre-register as limited spots are available: To pre-register, visit

[IRCYLH.com](http://IRCYLH.com) -Or contact- Karrie Pastor, Email: [wyliepastor@msn.com](mailto:wyliepastor@msn.com) Phone:

772-696-2175

## Instructor

Shannon Sims Bending Light Yoga

<https://bendinglightyoga.com/>

