

# GOAT YOGA

With Instructor Shannon Sims



**Sunday, March 15th**

8:00 AM and 9:15 AM

At the FireFighters Ag Barn

1 Hour class for \$30

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

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/>

