

Chris Kersley,
Brenton Maidment,
Jeff Jamieson,
Sarah Nelson,
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Barossa motel to launch region's first goat wellness program

Mahala Gainer

IN a Barossa first, a Nuriootpa motel is launching a goat wellness program, and the two newest additions' names are being left in the hands of the community.

From 1 July, Barossa Palms Motel will offer self-guided mindfulness and yoga sessions for guests to enjoy alongside their five furry resident goats.

The idea was born from motel owner Elizabeth Hoyt's childhood, which was spent surrounded by sheep and goats on a 7000-acre farm in the Murray Mallee.

The new sessions aim to help visitors connect with the health and wellness space she has been creating since she took over the Barossa's oldest motel at the start of last year.

"You can be having a bit of a hard day, and then you go outside and have mindfulness time with the goats, and it really does turn your day around," she said.

Guests will be able to access the unique sessions by scanning a QR code on-site and selecting their preferred self-guided experience.

In addition to the yoga and mindfulness packages, Ms Hoyt is teaming up with local small batch baker Baked Kiki, to provide a "decadent cookies and goat" experience.

While the finer details are still being ironed out, she promised a flight of cookies directly inspired by the flavours of the Barossa.

The therapy goats will complement a range of other amenities at the motel, including a mineral pool, cold plunge, guest fire pit and fitness centre. Aimed at helping guests unwind and relax, the motel also features zero gravity massage chairs, with sessions starting at \$25.

"I'm always trying to think of fun, relaxing and different things to do so that guests can really restore and rejuvenate," she said.

Having previously worked in a series of high-pressure jobs, including for the United Nations and Australian Federal Government, Ms Hoyt knows the reality of burnout all too well.

"I totally understand that when you have a desk job, you need to get out, be in nature, you need to be with animals, and you need to be mindful," she said.

"I love to say we want to provide experiences that give guests a factory reset button that they can push and feel like the best version of themselves when they leave."

To celebrate the arrival of the two newest furry friends - one girl and one boy - the motel is handing the naming rights over to the community.

"We know there are so many creative minds out there... we really wanted to open it up to the community to see what amazing ideas are out there," she said.

"We've been overwhelmed by the suggestions so far, there's just been so many cute ideas."

For the chance to name existing residents Storm, Bill and Ginger's newest friends, head to facebook.com/BarossaPalms and comment your name ideas before next Monday, 1 June.

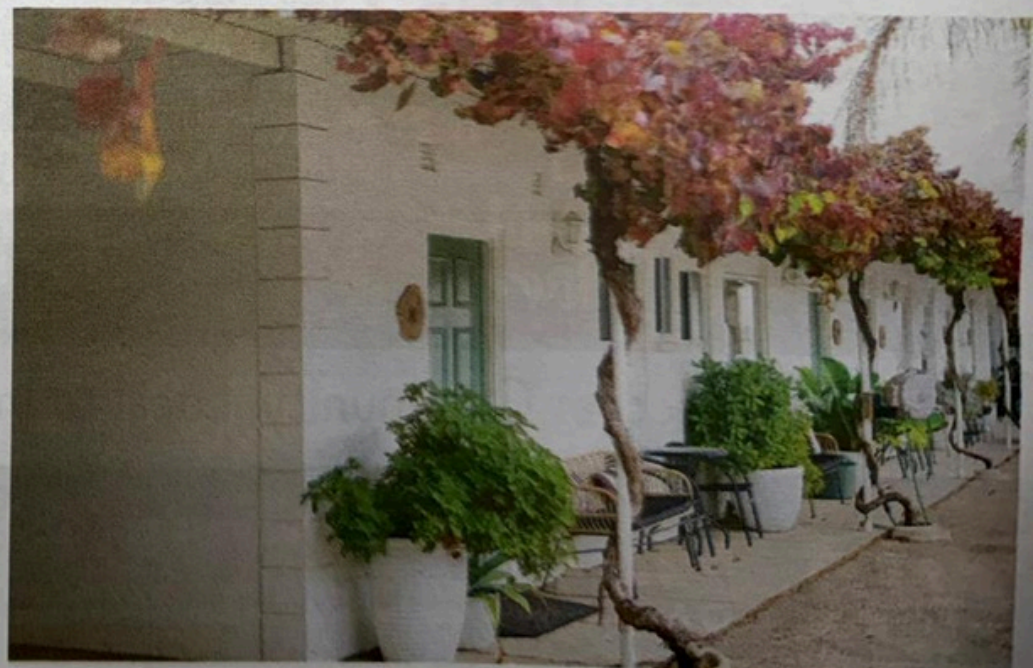
Name winners will be notified via Facebook direct message and treated to cookie and goat experience for themselves and a guest.

Finishing touches are being put on the goat yoga and meditation deck space ahead of its launch on 1 July.

To find out more, visit barossapalms.com



Barossa Palms Motel's new kids on the block are looking to the community for their names (Supplied)



The Barossa's oldest motel is launching new goat therapy experiences to help guests unwind. (Supplied)