

# Goat Yoga

## Avery Family Farm, Durham

### Sunday, April 19<sup>th</sup>



#### Trip Description:

Goat Yoga: Need we say more? Spend your Sunday at Avery Family Farm as you take a yoga class alongside, or underneath, some goats! These sweet babies just want to practice yoga, too. So, grab a mat (or bring your own) and get ready for the cutest yoga session ever. Goat Yoga takes place on a working farm, so you may see some other animals and learn about farming in the process!

#### Trip Cost: Student = \$50, (\$60 for non-students)

Includes: transportation, equipment, instruction, and lunch.

**Cancellation & Refund Policy:** You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund less a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip if it is outside 10 business days from the trip date, no cancellation fee is applied for transfers.

#### Cancellation Deadline for Partial Refund: Monday, April 6<sup>th</sup>

#### Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) You must be able to depart by 9:30AM on Sunday, April 19<sup>th</sup>
- 2) You will be on a working farm surrounded by living animals, please consider any allergies that might impact your experience

Outdoor Adventures trips are human powered and adventure-based; therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

#### Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

#### Planned Itinerary (these times are approximate and subject to change):

##### Sunday, April 19<sup>th</sup>

- Meet at Outdoor Adventures by 9:30 AM (participants must be able to depart at this time).
- We will head to Avery Family Farm for a few hours of meditation and yoga, complete with lunch.
- After lunch we will depart for UNCG
- Return to campus around 3:30 PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12-9PM, F 12-8PM, and S-S 1-6PM.

Phone: 336-334-4033 Email: [uncg\\_oa@uncg.edu](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://recwell.uncg.edu/oa)

## Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

***Any item with an asterisk ( \* ) denotes items that we will provide for you at no additional charge.***

### Head, Hands, & Feet

- ☐ Warm Hat
- ☐ Baseball Cap or Wide-brim Hat
- ☐ Warm Gloves
- ☐ Athletic Footwear (you'll be barefoot while doing yoga, but we recommend athletic shoes while walking on the farm)

### Upper Body

- ☐ Shirt (athletic material that will be comfortable for the activity)
- ☐ \*Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- ☐ \*Rain Jacket: must be high quality material and have a hood

### Lower Body

- ☐ Active-bottoms (leggings, hiking pants, other athletic material)
- ☐ \*Rain Pants: must be a high-quality material if bringing your own

### Personal Items

- ☐ Sunscreen: 30+ SPF
- ☐ Lip Balm (with SPF recommended)
- ☐ Sunglasses: We recommend you bring a keeper strap for these
- ☐ Camera: protective case is highly recommended (optional)
- ☐ Personal medications: prescription drugs must be on your health form
- ☐ Personal medical insurance card (required)
- ☐ Menstrual products
- ☐ Towel (to cover your mat, this helps keep them clean!)
- ☐ Money (cash and/or card) for possible items from their farm store
- ☐ \*Water bottle: quart size (required)
- ☐ \*Yoga mat

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