

DAHLGREN FITNESS CENTER

GOAT YOGA



**RESCHEDULED DATE:
SATURDAY, JULY 9**

FAMILY GOAT YOGA

Price: \$5

When: 0900-0945

GOAT YOGA RETREAT

(16 years or older)

Price: \$15

When: 1000-1230 (restorative ends at 1230,
food/snacks to follow)

Includes: 45 min goat yoga, journaling, restorative
yoga followed by a healthy food bar & drinks

**SPACES MAY BECOME AVAILABLE BY
WAITLIST ONLY. CALL THE FITNESS CENTER
AT 540-653-8785 FOR AVAILABILITY.**

These pygmy, baby goats are energetic, playful with
a short attention span to attempt to break your
concentration and get you to play with them instead.

Open to all with base access.



Call 540-653-8580 or visit
17540 Dahlgren Rd. Bldg. 1610
www.NavyMWRDahlgren.com/fitness-sports

**STAY
CONNECTED
NSF DAHLGREN**

