

HOW AND WHY THE GOATS BECAME INTERESTED IN YOGA



Shawn Fiegelist and Annie Warmke are chums who share an interest in bringing people together to build community. In late 2016, they noticed feelings of anxiety and general nervousness in their circle of friends, neighbors and colleagues and began to talk about what was happening and how to change the dynamics. Annie has a practice of using her animals as therapy and had recently found a yoga class that included goats to help participants relax and practice calmness. Shawn has long been interested in and practiced yoga and meditation and was delighted to hear about the use of goats in yoga. They introduced the idea to the goats, who of course were immediately on board, and this is how the goats became interested in yoga and the Serenity Series was created

WHAT IS THE SERENITY SERIES?

This Blue Rock Station series will show you how to bring awareness and balance to your everyday life while taking time to connect with others, nature and animals. You are welcome to sign up for one, or all of the sessions. A simple seasonal meal is a part of the shared time to offer nourishment to the body in a communal way.

WHY?

Self-care is critical to long term health and happiness. If we are to go the distance in a healthy and whole manner, we must take time for ourselves. Giving us a pause to reflect on our challenges creates balance, stability and healing of the soul. It offers us resiliency at a time

when we need it the most in life.

Goats are unique critters, eager to connect with humans and offer a goat kid smile or a nudge to prove it. The goat kids that will interact with you were born this winter and have spent their lives being nurtured by their mothers and the humans that work with them.

HOW?

Each session will offer participants an opportunity to connect to each other, nature and the animals of Blue Rock Station through simple yoga stretches , meditation, art and nature plus a simple seasonal meal. At Blue Rock Station we are keenly aware of dietary needs including gluten and lactose. Each participant will leave with some simple gifts to serve as reminders to breathe and reach for your sense of calm and resiliency when you return to your busy life.

Our shared goal is to return you to home base with renewed hope and encouragement and a well- rested and rejuvenated body and mind.

The BRS goats are special...everyone who meets them says so. The herd was established in 2006 when Annie and then intern Elyse Perruchon brought Eleonore Rigby and her two kids, Tuti and Mimi home from Washington County. All but four of the current adult goats are descendents of Eleonore.

Francois came from near Stuebenville and is an expert in reproduction...he is gentle and works well with Annie and the female goats. The three toggenbergs came to BRS in 2016 from an artist's farm west of Zanesville and have been learning how to be proper goats ever since. The job of the does is to provide healthy kids, plenty of milk, and lots of poop (this is usually not a

problem) for creating soil for growing food. They also provide Annie with exercise, spiritual renewal, and teach her everyday about what she calls, "The Goat Guide to Life".

SESSION 1: Goat Yoga and Meditation

Saturday, May 6th

10am-2pm (plan to arrive a little early to get situated by meeting the goat kids, etc. before class begins)

Class Fee:\$65

Instructor: Samantha Werner of Werner Wellness

Join Samantha Werner and the goat kids of Blue Rock Station for 45 minutes of basic yoga movements and stretches that will help you cultivate awareness and balance. The goal is to offer simple techniques that will into your everyday life to draw you back (once you return home) to your experiences at BRS. Samantha will tie the goat guide to life into the yoga practice giving us an opportunity to relate our serenity and need for resiliency to what we are learning.

This session takes place in a small pasture near the barn where the goats will be interacting with you and encouraging your release of stress and tension. You should plan to wear clothes appropriate for gentle exercise, and you are welcome to be barefooted during the class. The barn will be available for changing clothes. Please bring yoga mats and clothes that will not be bothered by practicing yoga in the outdoor fields of BRS. Yoga mats can be made available. Please let us know prior to class if you will need a mat and any dietary needs you may have.

All of the Serenity Series events are open to any level of yoga experience (ranging from first timers to experienced practitioners) and anyone interested in exploring the gifts of meditation. Please avoid perfumes and scented body hair products since some folks are allergic, and the garden pollinator insects are attracted to them.

We will break for our shared locally sourced vegetarian meal and return with Sheryl Grant Billman who will share with us an overview of Reiki and how it can be used to keep balance in your life. Sheryl will be holding a Reiki class on June 10th from 10:30 AM to 3 PM for students who are interested in learning more about how to use Reiki.

SESSION 2: Goat Kid Inspired Art

Saturday, May 21st

10am-2pm (plan to arrive a little early to get situated by meeting the goat kids, etc. before class begins)

Class Fee:\$55

Instructor: Annie Warmke

Creating art is a fantastic wellness and energy builder. Having fun, experiencing nature and just letting go is reviving to the soul. Join Annie and the goats as they guide you and your creative essence through the use of color (with paints) and the freedom to experiment without necessarily drawing a form, but rather using the guided meditation to help you explore your own creativity. We'll use words, interaction with the goats, and the surroundings of the woodlands

and birds to bring (and perhaps smear) our own creations to life. No art ability is needed...just the ability to let go of your pre-conceived ideas of how to create a painting.

This session is open to beginning and seasoned art students.

Please wear clothing not bothered by paint splashes. All art supplies are included or you can bring along your favorite colors and brushes for you own masterpiece.

After our session we will break for a shared locally sourced vegetarian meal and a conversation with Annie Warmke and Shawn Fiegelist about the power of friendship. High tea, Blue Rock Station style, will follow lunch.

SESSION 3: Full Moon Goat Yoga and Meditation

Saturday, June 10th

7:30 PM - 10:30 PM (plan to arrive a little early to get situated by meeting the goat kids, etc. before class begins)

Instructor: Samantha Werner of Werner Wellness

Class Fee:\$65

It is said that a walk in the park soothes the mind. If that is true, your walk through the grounds

of Blue Rock Station has the potential to leave you with a clear and rested mind! Join Annie and the goat kids to take a brief walk in the woods. Arrive prepared to leave your realities at the gate, and change into your walking shoes (and grab your walking stick) for some history, some inspiration and some serenity.

Please wear comfortable walking/hiking shoes. Walking sticks, water and bug deterrent are recommended.

As it begins to grow dark, we'll change into our yoga clothes, grab our mats, and prepare to share the full moon in a way that it can't be experienced where there's light pollution.

The full moon offers an opportunity for unique reflection and connection to nature. Leave your tension and anxiety behind and join Samantha Werner and the goat kids of Blue Rock Station for 45 minutes of basic yoga movements and stretches that will help you cultivate awareness and balance. The goal is to offer simple techniques that will into your everyday life to draw you back (once you return home) to your experiences at BRS. Samantha will tie the goat guide to life into the yoga practice giving us an opportunity to relate our serenity and need for resiliency to what we are learning.

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A picnic style snack with dessert and tea will be offered for resting under the moonlight and sharing insights and conversation with Annie Warmke and Shawn Fiegelist.

You may also like our fall offerings of Japanese Forest Bathing with Goats. Save the dates of September 9th and September 30th and October 14th. Watch for registration opportunities in beginning in early July, 2017.