

SOMETHING FOR THE ‘KIDS’

Goat yoga takes off in Stone Lake

BY **REGAN KOHLER**
Managing editor

Yoga as an exercise has many different practices: hatha, vinyasa, sun salutations, bikram.

In Stone Lake, at Luxe Fiber Designs Mill, people now can find goat yoga — yes, practicing the exercise with goats involved.

Lindsey Carey, who owns the fiber mill with her husband, Matt, said goat yoga actually was started by an Oregon businesswoman named Lainey Morse two years ago, by accident.

Local yoga instructor Nicole Nathan had heard about goat yoga through Facebook.

“A couple people jokingly sent me videos of goat yoga, saying we should offer it at the studio,” Nathan said.

After leading a beer yoga class at Carey’s other business, the Whistle Punk, Carey approached Nathan to ask if she would seriously consider teaching goat yoga at Luxe Fiber Designs. Carey said she had a huge, covered space on their property in which to hold classes.

The Careys have four young Nigerian dwarf goats that mingle among the class participants while they work out.

Daphne is the female and the males are Leonard, Artie and Isaac. Daphne will wear a flower and the boys have bow ties at the classes.

“My main role is to supply the ‘yoga’ portion of the entertainment,” Nathan said. “I try to create a safe, fun atmosphere for people of all levels and implement poses and movements that encourage playfulness with the goats.”

The first event on May 8 saw a full class.

“They had a blast,” Carey said, adding that people came from all over, including Minnesota, La Crosse and Onalaska.

Nathan did basic yoga in the first class to observe how the goats would respond. She found that when people were lying on their stomachs, the goats would climb onto people’s backs.

“They are very curious — so any opportunity they have to eat your hair, jump in your lap or nibble on your toes, they will take it,” Nathan said. “I try to make sure the folks interact with the goats as much as possible.”

Carey said Daphne, her “fashionista,” explored “girly” items on the floor. Leonard loves to snuggle with participants.

“You have no idea



PHOTO SUBMITTED

Goat yoga is the latest workout in Stone Lake. Held at Luxe Fiber Designs Mill, the yoga workout is made more entertaining with goats roaming the room.

what’s going to happen,” she said. “You laugh. You get a workout. Nicole made up some goat poses.”

The experience is also about letting loose and being relaxed, Carey added. If people want to take a break from the workout and just play with the goats, they are more than welcome to do so.

The goats are kept contained within the build-

ing.

Carey said they are trying to do a one-hour class every week. They can have up to 12 people in the class, starting at age 13. The \$20 cost includes snacks and water; people should bring mats or towels and wear “goat-friendly clothes.” They do have extra mats on hand.

The next scheduled classes are 1:30 p.m. Tuesday, June 6, and 9

a.m. Saturday, June 17.

She also plans to offer event classes for bridal parties, employee team building or even those who just want a private class with friends.

If anyone is interested in hiring them for a fundraiser, Carey encourages this, too. She said they plan to eventually put the proceeds toward a different organization each time, such as the victims

of the recent tornado in Barron County.

Coming events include a goat pajama party and movie night, and a barn quilt workshop.

People can learn about coming classes and find “goat swag” at the website, www.wigoatyoga.com, where they can also sign up for class. More information also is available on the Facebook Page WI Goat Yoga.

Birkie pursuing underpass on Hwy. 77, 00 pedestrian bridge

BY **FRANK ZUFALL**
Staff Reporter

Ben Popp, executive director of the American Birkebeiner Ski Foundation, said the Birkie is aggressively pursuing an underpass on Highway 77 in the Town of Hayward and a permanent pedestrian bridge over County Highway 00 in the Town of Lenroot to prevent trail users from closing the roads for events or for daily usage.

Popp presented the update at the May 18 meeting of the Sawyer County Board. He later told the *Record* the Birkie has raised half of the money needed to build the Highway 77 underpass and will again apply for a Wisconsin Department of Transportation (DOT) grant for the remainder.

The Birkie had previously applied, along with the Town of Hayward, to

the DOT for the underpass, along with trail paving in the township, but the initial request was rejected.

Popp said the Birkie also will apply for a Wisconsin Department of Natural Resources (DNR) grant to build a permanent 00 pedestrian bridge roughly 18 feet wide and 45 to 50 feet long.

“It won’t be as big as the temporary bridge we have for downtown Hayward,” he said.

Popp said he has discussed the idea with Sawyer County Highway Commissioner Gary Gerdart.

Snowmaking

Popp told the board the Birkie also is looking at creating a “snowmaking venue.” The 2017 Birkie was canceled due to lack of snow.

“We are working on a snowmaking venue for

obvious reasons,” he said. “There is no snowmaking venue in the state of Wisconsin that can host an event, so we said, ‘if we can’t do one here, where can we?’ We are in the process of fundraising, looking at taking out some loans and putting in some infrastructure for snowmaking . . . somewhere between Cable and Hayward.” The exact location is still to be determined.

On other matters, Popp said, the Birkie is working on improving aid stations and trailheads with the addition of lights and running water.

He said the TV program “Discover Wisconsin” will air a segment about the Birkie trails in 2018, and he offered the board members a one-hour tour of the Birkie trail infrastructure.



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Class Title	CINbr	Day	Time	Dates	Fee	Fee62+
Gardening: Helpful Insects & Pollinators	41049	T	1:00-4:00p	6/6	\$21.50	\$13
CPR Health Care Provider - AHA	41060	MT	5:30-9:30p	6/12-6/13	\$46.82	\$20.75
CPR Health Care Provider Renewal - AHA	41061	T	5:30-9:30p	6/13	\$29	\$15.96
Insurance: Principles/Laws & Ethics - ITV	41120	M	8:30a-5:30p	6/19	\$30.57	\$4.50
Ins CE: Principles/Law & Ethics - ITV	41125	M	8:30a-5:30p	6/19	\$30.57	\$4.50
Insurance: Property [B] - ITV	41169	T W	8:30a-5:30p 8:30a-12:30p	6/20 6/21	\$43.61	\$4.50
Insurance: Casualty [B] - ITV	41180	W R	1:30-5:30p 8:30a-5:30p	6/21 6/22	\$43.61	\$4.50
Dance Fitness [B]	40986	W	5:00-5:45p	6/21-8/16	\$30	\$17.25
Ins CE: Retirement Inc Proc Strat Sol - ITV	41190	R	12:30-4:30p	6/22	\$55	\$41.96
Ins CE: Managing Retirement Inc Plan - ITV	41202	R	5:00-9:00p	6/22	\$55	\$41.96
Lawn Mushrooms - ITV	41036	M	5:30-8:30p	7/17	\$17.54	\$4.50
Insurance: Principles/Laws & Ethics - ITV	41130	M	8:30a-5:30p	7/17	\$30.57	\$4.50
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To locate class information, visit: www.witc.edu/search
Additional supply fees may apply; [B] indicates Break in series; Days: M,T,W,R,F,S,U

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