



Participants of all ages enjoy goat yoga at the Farm Friend Bend on Franny's Farm.

PHOTOS BY JAMES HUGHES

Yoga with goats inspires joy in participants

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The event began as a joke between friends weary from the 14 to 16 hour work days on the farm. Sitting by the fire spitballing ideas it came — yoga, disco, plus goats — and the Farm Friend Bend DisGoat Yoga began.

“It doesn’t matter how old I am in years, I’m young at heart and I love disco,” said Frances Tacy aka Farmer Franny, owner of Franny’s Farm and hostess of the Farm Friend Bend. “It’s great music to practice yoga to and it’s October, let’s face it, everybody gets to dress up this month.”

Tacy said she and her friend Taylon Breeden, owner of Far Out Farmstead, were inspired by the goat yoga craze that began last year in Oregon, additionally prompted by various links and posts from Tacy’s Facebook followers.

“We saw in Portland they had a waiting list of about 500 people for



their goat yoga over there,” Breeden said. “I told Franny we could do it in Asheville especially, people love to do funky things.”

The Farm Friend Bend on Franny’s Farm originally began in April, making sporadic appearances at least once a month inviting people to the farm for an hour of low-intensity yoga with frolicking baby goats and goat-friendly disco mu-

sic.

“I love a little Donna Summer,” Tacy said. “And I’ve done yoga through my whole life and it’s such a great way to expand your light.”

Breeden said before the goat yoga sessions, she had only ever taken one class prior, but she has raised goats for about four and a half years. She occasionally will do the poses if the goats behave them-

selves.

“We sell out every class, and it’s just a blast,” Tacy said. “It’s a great way for people to feel good; there’s so much chaos in the world, let’s just take a break, feel good and come back to Franny’s Farm.”

Franny’s Farm serves as a fully functional sustainable farm as well as a private events venue. Tacy said the farm hosts many private events featuring yoga, such as business retreats and parties.

Chasity Burleson, yoga practitioner for eight years and instructor for three, teaches Farm Friend Bend after having Tacy as a private client.

“I think it’s fabulous because if people are not used to yoga, coming to a class like this makes it less intimidating,” Burleson said. “Having baby goats around, you can’t be really nervous, and you know people aren’t looking at you.”

Burleson said she receives feedback from students anxious about attending yoga classes out of fear of being watched, doing postures wrong and the general intimidating

CONTINUED ON PAGE 12