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COME KID AROUND WITH US AT GET OUTDOORS DAY FRIDAY, JUNE 8, 4:00-8:00PM POWDERHORN PARK

Goat Yoga is one of the exciting new events at the summer's most family-friendly free festival featuring fishing, climbing, camping, canoeing, archery, and more

Refreshments will be available for purchase from a variety of food trucks, plus musical guest The Thirsty River will provide bluegrass entertainment

Minneapolis, Minn. – Chew on this: What do you call it when you combine yoga with goats? Goga, of course! This national trend has hoofed it to the Twin Cities and you can try it for yourself at **Get Outdoors Day**, an everyone-is-welcome free festival that introduces kids and families to exciting ways they can enjoy the great outdoors. This year's event is 4:00-8:00PM, Friday, June 8, at Powderhorn Park in Minneapolis. Festivities happen – rain or shine – south of Powderhorn Lake near the recreation center at 3400 15th Ave. S.

Get Outdoors Day (GO Day) is a national movement that encourages people to engage in healthy, active outdoor fun and embrace our parks and other public lands and waters. The Minneapolis Park and Recreation Board, Minneapolis Parks Foundation, Minnesota Department of Natural Resources, National Park Service, REI, and United States Forest Service co-present Twin Cities GO Day.

Geared for children ages 4-14, this year's Twin Cities GO Day activities include **archery, camping, canoeing, climbing wall, craft booths, fishing, fly-tying, tree planting, Zumba**, and more. Participants will also find refreshments for purchase at a number of **food trucks** and be treated to The Thirsty River band's bluegrass music.

We're Kidding Around with Goat Yoga

New to GO Day this year is goat yoga, which brings together the sweetness and gentle unpredictability of goats with the physical and mental restoration of yoga. About five goats will be joining yogis in a fenced-in outdoor "studio" for four 30-minute sessions of all-ages and all-abilities vinyasa "goga." Sessions start at 4PM, 5PM, 6PM, and 7PM.

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The fee for goat yoga is \$20 and proceeds benefit the Minneapolis Parks Foundation. Space is limited to 25 participants per session. [Register in advance via Eventbrite.](#)

More Information

All activities at Get Outdoors Day are free, except goat yoga. No registration is required to participate in GO Day. There is plenty of on-street parking and Powderhorn Park is conveniently located on bike and bus routes and near the 35th/36th St. exits off of 35W. Find additional details on [Facebook](#).

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Editors' Note:

GO Day and goat yoga images are available