



PARADIGM GARDENS

PRIVATE GOAT YOGA BOOKING GUIDE

PRIVATE GOAT YOGA EXPERIENCE.

Paradigm Gardens offers the most **fun and memorable** private yoga class in New Orleans. Invite your guests to **slow down, relax, laugh, and delight** in a **truly unique and connecting experience**. Join us amongst the flowers, veggies, and the **adorable Cameroonian pygmy goats**, for a real sun salutation and downward goat!

2 Hour event including time for guests to arrive and interact with goats.

45-50 Minute yoga class with certified yoga instructor Jimena Urrutia

Photo session with goats

2-6 Goats for yoga and guest interaction (depending on size of group)

Up to 50 participants onsite at Paradigm Gardens

We can also do private goat yoga at an offsite location!

Please email events@paradimgardensnola.com for pricing, food and beverage options, and offsite opportunities. Pricing depends on guest count, food and beverage selections, and offsite logistics.

MEET THE YOGA INSTRUCTOR

Jimena Urrutia: Jimena is originally from Argentina and has lived most of her life in Chile, where she fell in love with yoga in 2001. Her practice helped calm her mind and find discipline for her studies in school. Since then, she has deepened her practice in Ashtanga and Vinyasa Flow yoga through various trainings and workshops. Although she has a degree in Economics and worked as an entrepreneur, Jimena began moving towards becoming a yoga teacher in 2007. Teaching allows her to feel whole with the experience, and she is grateful for the opportunity and the energy she shares with her students. Jimena moved to New Orleans in 2017, where she loves to live. She has completed her 500-hour yoga teacher training at Shanti Yoga Shala. In her classes she connects deep breathing with movement and helps you find a clear and a calming mind. Off of the mat, Jimena enjoys being a mother of two children, a dogs, two a cats and nine kois.

