

WHY A MOUNTAIN GOAT?

Mountain Goats reflect many of the same qualities we seek to develop in our own individual yoga practices.



The Mountain Goat's surefootedness, innate balance and dynamic climbing abilities teach us how to create a solid foundation on which to stand and remain grounded while developing the confidence and determination to climb to new heights and new dreams in our own lives. We learn to travel traditional old paths as well as blaze new paths of our own.

Their sheer strength and highly flexible skeletal system enables the Mountain Goat to maneuver its large body on and around precarious paths and ledges. It has been known to make leaps of more than 30ft, landing on small rocky ledges barely big enough to stand on. This teaches us the relevance of remaining strong, flexible and faithful in our own abilities while stretching and reaching for our new quests and goals.

The Mountain Goat is focused on moving forward step by step, leaping easily over obstacles with a steady, confident and persevering attitude. This energy helps us retain the balance and perspective, stamina and determination needed to continue our climb no matter what the terrain.