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7 BUCKET-LIST RETREATS FOR 2022



South New Berlin, NY, March 1, 2022 –

Get out your bucket lists because NY Goat Yoga at Gilbertsville Farmhouse has just announced their 2022 retreat schedule, and every one of their all-inclusive retreats should be on your list!

NY Goat Yoga at Gilbertsville Farmhouse's retreats are each 3 day, 2 night all-inclusive luxury farmstays. Each themed retreat is unique and some cannot be found anywhere in the world but on their farm!

Gilbertsville Farmhouse, named one of the best glamping spots in the world, is an award-winning, luxury resort-style venue. Their glamping safari tents are outfitted with high-end king mattresses, designer bedding, cozy heat and design accessories that rival any luxury hotel experience. Their boutique-style, modern Farmhouse Inn has private suites as well. The farm also boasts a one-acre pond with a gazebo island, a one-of-a-kind hammock park, and friendly farm animals that roam the property. The on-site culinary team prepares fresh farm-to-table style meals that are served in the farm's stunning barn spaces.

Every evening ends with a roaring bonfire, and s'mores (of course!), and the dark mountain skies offer the most incredible stargazing, making that feature alone worth the cost of the retreat.

Here are the 7 bucket-list retreats:

1. **BABY GOAT & ME:** Adopt a baby goat for the entire stay! Guests will pick a baby goat to adopt for the weekend. They bottle feed their baby goat, cuddle with it, and take family photos. There are bedtime stories and walkabouts with goat babies in baby carriers.
2. **SUMMER FOOD & WINE:** Forget the beach! Kick off the summer with 3 days of gorgeous NY countryside, multi-course gourmet meals and amazing wine pairings. There will even be an all-white candlelit dinner in a chandelier-filled barn, P. Diddy style.
3. **BEERCATION:** Like a staycation, except guests just lounge and drink beer. Guests will arrive and be greeted by the farm's resident beer burro who will show guests to their glamping safari tent. The rest of the weekend will be all about being lazy, sunbathing, eating well and drinking incredible craft beer.
4. **GOAT YOGA RETREAT:** This retreat is all about the goats and the yoga. Guests start the retreat with a sunset goat yoga class and end it with a nighttime, candlelit hip hop yoga class. In between, guests will enjoy delicious meals, incredible spaces, outdoor movies, hammocks in the woods, pond fun and so many goat cuddles and kisses.
5. **ADULT SUMMER CAMP:** Normalize feeling like a kid again. This retreat takes it back, way back to a time when life was simpler. Guests will play in the pond, tell stories by the campfire, make s'mores, run in potato sacks and end the day with the best dance party ever. There are no camp cots here. Instead, campers will sleep in glamorous safari tents with king beds and luxurious amenities. This is not just summer camp, it's bougie summer camp.
6. **FOLIAGE, FOOD & WINE:** what is better than autumn in New York? Autumn in New York at Gilbertsville Farmhouse. Guests will be surrounded by the most incredible foliage vistas while they are wined and dined by one of the finest culinary teams in the Northeast. Cameras are a must for this retreat which is held in peak foliage season. The mountains will be decorated with bursts of natural colors.
7. **COUPLES RETREAT:** For years this annual retreat has been called "the most romantic weekend of the year". This is for couples only and everything about this retreat oozes romance. Cozy, warm and beautiful lodging, king beds, fur blankets, champagne, chocolates, candles, stars...the list goes on. Breakfast is served in bed and dinner is served by candlelight. It is no wonder couples return year after year for this amazing experience.

Retreats are on sale at www.nygoatyoga.com.

For additional information, please email: info@nygoatyoga.com

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About NY Goat Yoga & Gilbertsville Farmhouse:

NY Goat Yoga, New York's first ever goat yoga operation, is the brainchild of Aldo & Sharon Boustani. It is operated on Boustani's luxury farm resort, Gilbertsville Farmhouse. The resort, which operates primarily as a wedding and event venue specializing in weekend events, was founded in 2013 by Aldo and Sharon and their four children, formerly of New York City. They extensively repurposed the buildings and grounds on their former dairy farm to create a unique and gorgeous space featuring two stunning barns and their one-of-a-kind Glamping Village. Gilbertsville Farmhouse is only 3 1/2 hours from NYC and the first ever glamping venue in New York State.

The on-site goat yoga classes take place in their gorgeous barn which is draped with multiple crystal chandeliers and cafe lighting or outside by their one-acre pond. The venue is also host to one-of-a-kind overnight retreats during the year and an annual Couples Retreat in November.

The NY Goat Yoga goats have been featured on the Drew Barrymore Show, Bravo's Watch What Happens Live with Andy Cohen, Dr. Oz Show and The Untitled Action Bronson Show, and have done yoga with Tyra Banks and Sophie Turner of Game of Thrones fame. The goats have even rated pizza with Barstool Sports' Dave Portnoy. The goats travel the northeast for NY Goat Yoga's College Tour bringing joy and stress relief to college students and they are available for private events too.

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