



parent-child yoga

at shanti mandir

Saturday, September 29

10:00am to 1:00pm

**Theme:
Autumnal Equinox**

Ages 2 – 6



Address

Shanti Mandir (Yoga and Meditation Center)
51 Muktananda Marg (off Route 208)
Walden, NY 12586
Tel: 845-778-1008
www.shantimandir.com

Schedule

10:00 am – 10:15 am: Welcome
10:15 am – 10:45 am: Yoga
10:45 am – 11:15 am: Snack and tea
11:15 am – 12:30 pm: Story time and craft activity
12:30 pm: Live music and chanting at the Temple (optional)
1:00 pm: Traditional homemade Indian lunch

Entrance Fee

Parent/Child pair \$25 and \$15 for additional child or parent (event includes lunch)*

Register

If you are interested in participating please call 845-778-1008 or have further questions contact Kristina 347-729-5566 or kristina.gonchoyan@gmail.com



*Accommodations available upon request.