



parent-child yoga

at shanti mandir

Saturdays
10:00 am to 1:30 pm

September 23
Garden Yoga

October 21
Autumn Harvest Yoga
and Pumpkin Decoration

November 11
Gratitude Yoga

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: Welcome and warm up
10:15 am – 10:45 am: Yoga Class
10:45 am – 11:15 am: Snack + Tea
11:15 am: Story Time
11:30 am: Walk + Craft
12:30 pm: optional Arati (with live music)
1:00 pm: Vegetarian 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.