



# parent-child yoga

at shanti mandir

**Saturday**  
**January 20**  
**10:00 am to 1:00 pm**  
**Lunch at noon**  
**Theme:**  
**Grandfather Frost**



## Address

Shanti Mandir (Yoga and Meditation Center)  
 51 Muktananda Marg (off Route 208)  
 Walden, NY 12586  
 Tel: 845-778-1008  
[www.shantimandir.com](http://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 and Chai  
 11:15 am – 12:00 pm: Story Time, Walk and Craft  
 12:00 pm: Vegetarian Lunch  
 12:45 pm – 1:00 pm: optional Arati (with live music)

## 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](mailto:kristina.gonchoyan@gmail.com)



\*Accommodations available upon request.