parent-child yoga

at shanti mandir

Saturday, February 24 10:00 am to 1:00 pm Lunch at noon Theme: Busy Bluebirds 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
10:15am – 10:45am:	Yoga Class
10:45 am – 11:15 am:	Snack and Chai
11:15am – 12:00pm:	Story Time, Walk and Craft
12:00pm:	Vegetarian Lunch
12:45pm – 1:00pm:	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



*Accommodations available upon request.