parent-child yoga

at shanti mandir

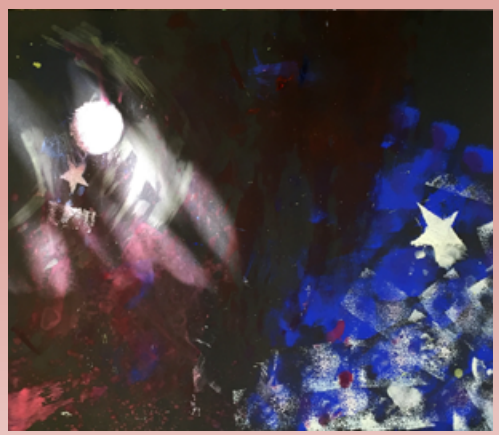
Saturday, March 17

10:00 am to 1:00 pm

Lunch at noon

Theme: New Moon

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 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

SHANTI MANDIR
Temple of Peace

*Accommodations available upon request.

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

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