



parent-child yoga

at shanti mandir

Saturday, May 12
10:00am to 1:00pm

Lunch at noon

**Theme: Caterpillars
and Butterflies**

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

- 10:00am: Welcome and warm up
- 10:15am – 10:45am: Yoga with Louanne
- 10:45am – 11:15am: 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.