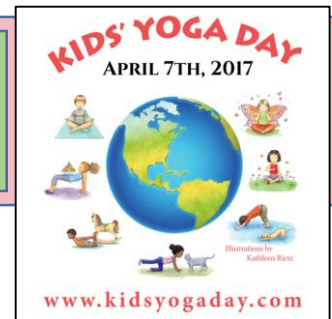


In 2016, over **25,000 kids** in **46 states** and **21 countries** participated in the first annual Kids' Yoga Day. **2017 will be even bigger!**



## 2<sup>nd</sup> Annual International Kids' Yoga Day

Changing the world, one pose at a time



On **Friday, April 7<sup>th</sup>, 2017** at 11:00 AM local time at schools, homes, yoga studios, and child care centers around the world, official Kids' Yoga Day ambassadors will lead students through a specially designed 5-minute yoga routine. Participants will receive free tools and resources to make the day a success -

no yoga experience required.

**Teresa Anne Power**, internationally acclaimed children's yoga expert and bestselling author of the "[The ABCs of Yoga for Kids](#)" product line, founded Kids' Yoga Day with the mission to raise awareness and ignite a passion for fitness and yoga for children around the world.

Please help spread the word to as many people as possible by covering this feel-good, inspiring event, either prior to April 7<sup>th</sup> or on the big day itself. We're planning a huge pre-Kids' Yoga Day rally on the Santa Monica Pier to take place on April 6<sup>th</sup>. Media are invited.

### Story Ideas

- **Yoga takeover: Live on air, Teresa & host surprise a group of kids to energize them and increase focus in just 5 minutes.**
- **25,000 kids around the world doing yoga at the same time - how Kids' Yoga Day went viral**
- **Why the world needs Kids' Yoga Day more than ever**
- **How to get involved with Kids' Yoga Day**
- **Why all schools should include yoga in their curriculum NOW**
- **How children can find inner peace in a digital world with just 5 minutes a day with yoga**
- **No benchwarmers here: Why kids of all ages, shapes, sizes and abilities can benefit from yoga**
- **Autism affects 1 in 68 children and is growing: Top yoga expert reveals how yoga can reduce autism symptoms**
- **ADD & ADHD children: 5 yoga poses to channel excess energy**
- **Mom's time out: 7 poses to help you find your zen**
- **1 in 6 US children & teens are obese: Yoga is a proven solution to childhood obesity**
- **And much more**

### Photos from the 1<sup>st</sup> Annual Kids' Yoga Day

(See reverse for more photos)



### Teresa and/ or Kids' Yoga Day featured on:



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**Book Teresa Anne Power,  
internationally acclaimed yoga expert & founder of  
International Kids' Yoga Day**

*Cobra pose in Los Angeles*



*Y pose in Denmark*



*Tree pose in Malaysia*

Many more photos,  
testimonials and  
videos of Kids' Yoga  
Day can be found at  
[kidsyogaday.com](http://kidsyogaday.com)

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