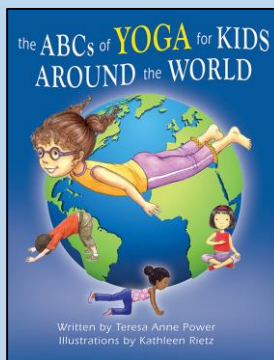


# Internationally Acclaimed Yoga Expert Reveals How Just 5 Minutes of Yoga Can Change Your Life Forever



**TERESA ANNE POWER**

Best-selling & Award-Winning Author



**TERESA ANNE POWER** is a renowned yoga expert and author of the bestselling award-winning book *The ABCs of Yoga for Kids*, which has sold over 200,000 copies worldwide and been translated into 4 languages. She is also the founder of Kids' Yoga Day, a global event designed to help children celebrate their health and fitness through yoga. Teresa has taught yoga to thousands of children, and has spoken at numerous libraries, schools, bookstores, yoga studios and school conferences across the U.S. She also teaches Children's Yoga Training workshops, is a keynote speaker, and volunteers her yoga expertise at Let's Move West LA and at several other nonprofits focused on improving children's health.

**Contact:**

Teresa Anne Power  
Los Angeles, 310-266-7705  
[info@kidsyogaday.com](mailto:info@kidsyogaday.com)  
[www.abcyogaforkids.com](http://www.abcyogaforkids.com)  
[www.kidsyogaday.com](http://www.kidsyogaday.com)

**Approx. 80 million people in the US plan to try yoga for the first time within the next year.** More and more people are recognizing the many benefits of yoga for adults, but what they may not realize is that yoga is just as beneficial for kids. Young and old alike can keep their bodies healthy and balanced with this ancient science of the mind, body, and soul. Yoga has been my personal passion since I first started practicing 30 years ago during my first year of Law School, and now I share my innovative approach to keeping both adults and children mentally & physically fit!

## Story Ideas

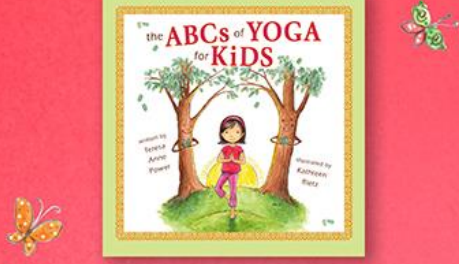
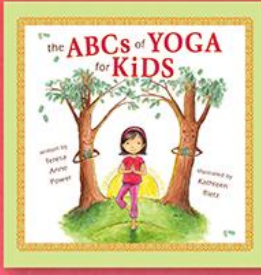

1. **Yoga Takeover: Live on air, Teresa & host ambush a corporate board meeting to energize staff and boost creativity in just 5 minutes.**
2. **The 12 Yoga Poses of Christmas: Easy Ways to Calm Holiday Stress [customizable to any holiday]**
3. **Back to Nature: Fun Ideas for Taking Kids' Yoga Outdoors**
4. **It's a National Scandal: Only 20% of Schools Require Daily Recess**
5. **Beer & Yoga: The Newest Fitness Trend for Men!**
6. **Are You Yoga Phobic? You Don't Have to Twist Yourself into a Pretzel to Reap the Health Benefits of Yoga**
7. **How to Tame a Toddler Tantrum with Simple Yoga Moves**
8. **Yoga for Athletes: 7 Poses to Improve your Strength, Flexibility and Winning Edge**
9. **Nov. is National Diabetes Month: Try These 5 Yoga Poses to Keep Diabetes under Control!**
10. **ADD & ADHD Children: 5 Yoga Poses to Channel Their Excess Energy**



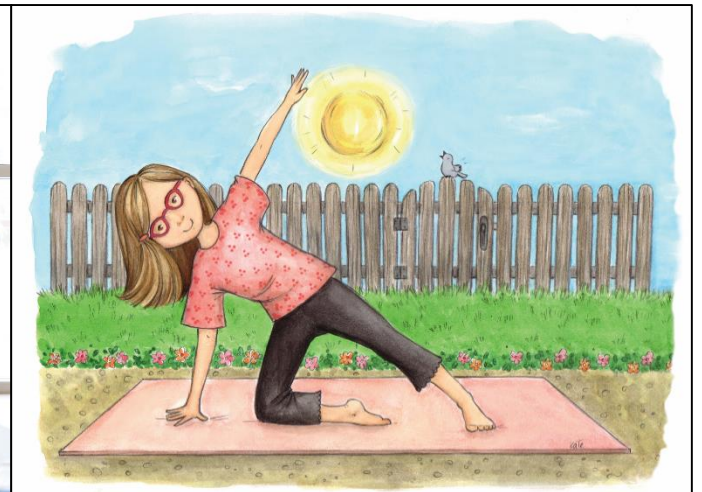
### Media Experience:

Teresa is a sought-after, entertaining and enthusiastic media guest. She has been featured in *USA Today*, *Yoga Journal*, *Parenting.com*, *Glamour.com* and many other publications. Teresa has appeared on local and national TV talking about the health benefits of yoga for kids, including a Fox News affiliate and Good Morning Arizona, has done dozens of radio interviews and was named as KNX Radio's Hero of the Week.

# Book Teresa Anne Power, internationally acclaimed yoga expert



*Teresa Anne Power*  
Best-selling and award-winning author  
[abcyogaforkids.com](http://abcyogaforkids.com)



**Contact:**  
Teresa Anne Power  
Los Angeles, 310-266-7705  
[info@kidsyogaday.com](mailto:info@kidsyogaday.com)  
[www.abcyogaforkids.com](http://www.abcyogaforkids.com)  
[www.kidsyogaday.com](http://www.kidsyogaday.com)