

# Thousands Set to Participate on April 6th for 3rd International Kids' Yoga Day

Global Wave of Yoga to be Livestreamed All Over the World



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**World Yoga Power** →  
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LOS ANGELES, March 26, 2018 /PRNewswire/ -- Tens of thousands of kids are set to participate in the 3<sup>rd</sup> Annual Kids' Yoga Day on April 6th, 2018. This global movement was started by Teresa Power, bestselling author of *The ABCs of Yoga for Kids* and children's yoga expert, to bring awareness to the many benefits of yoga for kids. Power shares, "Yoga has been proven to increase calm and focus, improve fitness, address ADHD and autism and help with obesity. It even helps athletes perform better at sports."

On Friday, April 6th at 11 AM, Power, along with Kids' Yoga Day ambassador Elizabeth Lam, will lead students at Palisades Charter Elementary School, 800 Via De La Paz, through the same specially designed 5-minute yoga routine that kids across the globe will also be practicing in their local time zones at 11 AM. Students, along with kids at home and other locations, will

be led by over 300 official ambassadors. The result is a wave of yoga beginning in the Marshall Islands and circling the globe to end in Hawaii, with events being livestreamed via [facebook.com/kidsyogaday](https://www.facebook.com/kidsyogaday).

Later that day, from 3:30-4:30 PM, the celebration continues with a free kids' yoga class at the Palisades Park & Recreation Center, 851 Alma Real Drive, also led by Power. The event features water and fruit donated by Whole Foods, Bristol Farms, and Nestlé, with free yoga mats and gift bags for the first 50 kids.

"Over 110,000 children in 45 countries and 50 states participated in last year's Kids' Yoga Day," says Power. "The result was magic."

**About: Kids' Yoga Day** is the primary event of **World Yoga Power**, a 501(c)(3) charitable organization, whose mission is to make the life-changing practice of yoga accessible to everyone, regardless of age, location, or finances. Teresa Power founded Kids' Yoga Day and World Yoga Power to raise awareness and ignite a passion for fitness and yoga for as many children as possible. She has practiced yoga for over 35 years and has taught yoga in schools and communities since 2000. Power is a sought-after media guest who has been featured in USA Today, Fox 11 Los Angeles, Telemundo and other major media. More at: [www.worldyogapower.org](http://www.worldyogapower.org).

SOURCE World Yoga Power