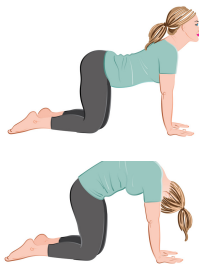


KIDS' YOGA DAY

5-MINUTE-A-DAY YOGA ROUTINE FOR PRE-TEENS AND TEENAGERS



1 Child's Pose



2 Cat/Cow



3 Downward Facing Dog



4 Chair



5 Warrior II



6 Tree



7 Cobra



8 Bow



9 Reclining Pigeon



8 Bridge



9 Seated Twist



10 Do Nothing



This routine is by Teresa Power, acclaimed yoga expert, best-selling author of the ABCs of Yoga for Kids and Little Mouse Adventures series, and founder of Kids' Yoga Day. To sign up for this year's Kids' Yoga Day, visit kidsyogaday.com. For instructions on how to do each pose, visit kidsyogaday.com/poses. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.