

KIDS' YOGA DAY

ADAPTIVE YOGA ROUTINE
with poses that can be adapted for chair yoga

1 Queen



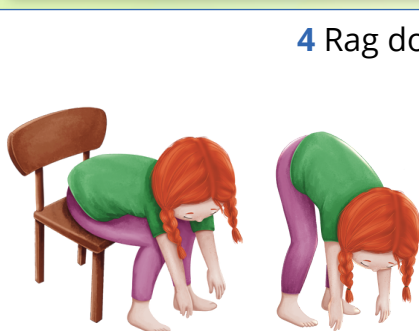
2 Kite



3 Waterfall



4 Rag doll



5 Windmill



6 Y Pose



7 Chair



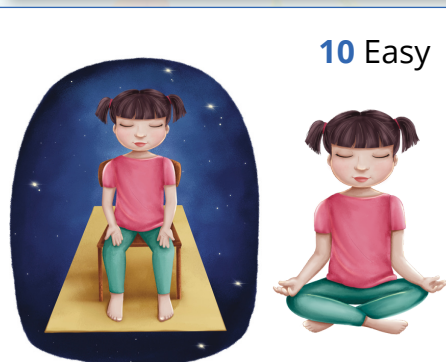
8 Flamingo



9 Tree



10 Easy



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. For instructions on how to do each pose and to sign up for this year's Kids' Yoga Day, visit kidsyogaday.com/poses. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA  POWER