



# Kids' Yoga Day!



**You and the kids  
in your life are  
invited to join tens  
of thousands  
worldwide for the  
9th Annual Kids'  
Yoga Day!**



**Building strong minds and  
bodies is as easy as 1, 2, 3!**

- 1. Visit [kidsyogaday.com](http://kidsyogaday.com) to sign up for your free planning kit and/or to find an event near you or online!**
- 2. Practice the simple 5 minute yoga routine with your kids or students.**
- 3. Do the routine with your kids on Friday, April 5th, alongside thousands of other kids around the globe!**

**NO YOGA EXPERIENCE NECESSARY!  
PERFECT FOR ALL ABILITIES**



**Created by  
kids' yoga  
expert,  
Teresa Power**

Teresa Power, founder of Kids' Yoga Day, is an internationally recognized educator and the author of the bestselling series The ABCs of Yoga for Kids® and Little Mouse Adventures. Visit [abcyogaforkids.com](http://abcyogaforkids.com) to learn more !

**Sign up today at [KidsYogaDay.com](http://KidsYogaDay.com)**

Questions? Email [info@kidsyogaday.com](mailto:info@kidsyogaday.com)