



Calling all schools!



Your students and faculty are invited to join hundreds of other schools worldwide for the 9th Annual Kids' Yoga Day!



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

1. Sign up for your free planning kit at kidsyogaday.com
2. Practice the simple 5 minute yoga routine with your class or school
3. Do the routine with your students 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 Anne Power is an internationally recognized yoga expert and author of two award-winning series, *Little Mouse Adventures* and the *ABCs of Yoga for Kids*. Teresa has been featured on *Good Morning America*, in *Parenting* and *Reader's Digest*, and on Fox 11 Los Angeles, Telemundo, CBS Los Angeles, and other media outlets.

Sign up today at KidsYogaDay.com