

12th International Kids' Yoga Day

Friday, April 2nd, 2027



*...to take part in this free,
annual celebration of fitness,
mental health, and community*

500,000 children from 67 countries, 6 continents,
and all 50 US states have participated in Kids'
Yoga Day, a holiday founded by international
kids' yoga educator, Teresa Power, in 2016.



*HERE'S HOW YOU CAN HELP CHANGE
THE WORLD, ONE POSE AT A TIME*



Visit kidsyogaday.com
to sign up and get all
of the information you
need to celebrate... or
find a Kids' Yoga Day
event near you!



Do the simple yoga
routine with the children
in your life on Friday,
April 2nd, alongside
thousands of others
around the globe!

- No prior yoga experience needed
- Perfect for all ages and abilities

Visit www.kidsyogaday.com to learn more and get your free planning kit