

SUMMER YOGA FOR KIDS

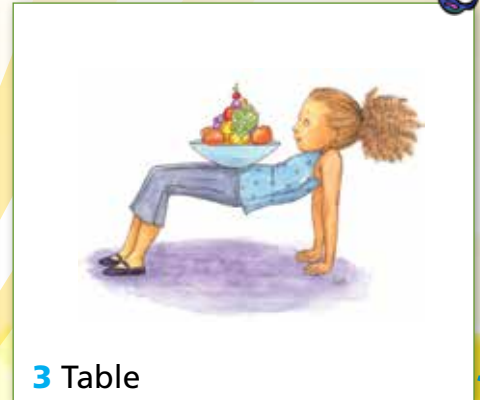
5-MINUTE-A-DAY YOGA ROUTINE with  and  poses



1 Kite



2 Chair



3 Table



4 Boat



5 Slide



6 Otter



7 Grasshopper



8 Butterfly



9 Fish



10 Do Nothing Pose



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, visit abcyogaforkids.com/summer. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA  POWER