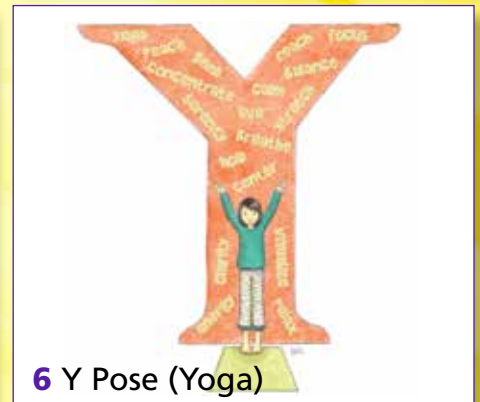
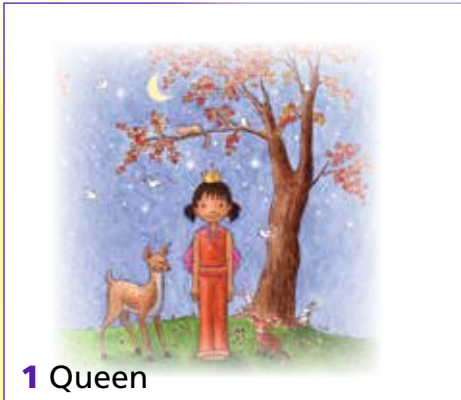


TEEN YOGA

5-MINUTE-A-DAY YOGA ROUTINE with  poses



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

TERESA  POWER