

MEDIA ADVISORY

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INTERNATIONAL KIDS' YOGA DAY KICK OFF ON THE SANTA MONICA PIER

150 Kids to do Yoga on Pier to Kick off Wave of 40,000 Kids Around the World

- WHO:** Teresa Power, founder of International Kids' Yoga Day and bestselling, award-winning author of [The ABCs of Yoga for Kids](#) and latest release, [The ABCs of Yoga for Kids Around the World](#).
- WHAT:** 40,000 kids in 42 countries and all 50 states join hands around the globe to spotlight the physical, mental and academic benefits of yoga for kids. The wave starts with kids in the South Pacific who will livestream in with L.A. kids on the pier.
- WHEN:** Thursday, April 6 from 4-6 p.m.
- 4-4:30: Introductions and presentation of Proclamation from L.A. County Board of Supervisors
4:30-6: Kids concert with musician Michael Cladis playing songs created with Teresa Power, performance by Westside6 band, and Down Dog character doing yoga with kids
6:00: Event closes with Teresa Power leading kids from Santa Monica Boys and Girls Club, among other local children, through the official 5-minute yoga routine simultaneously with the kids livestreaming in from South Pacific countries.
- WHERE:** The end of the Santa Monica Pier next to Mariasol Restaurant.
- HOW:** Park in beach level parking lot and call or text 951/368-8291 for shuttle or walk to end of pier.
- INTERVIEW OPPORTUNITIES WITH:** [Kids' Yoga Day](#) founder and author Teresa Power, performers and selected children.

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