



NEWS RELEASE

March 30, 2017

FOR IMMEDIATE RELEASE

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INTERNATIONAL KIDS YOGA DAY CIRCLES THE GLOBE WITH YOUTHFUL YOGIS

Kickoff on the Santa Monica Pier

LOS ANGELES, CA - Celebrating both our oneness and our diversity, more than 40,000 kids from 40 countries and all 50 states are set to perform yoga on April 7 at 11 a.m. in their local time zones for International Kids' Yoga Day (KYD). Starting in Australia, kids will put down their pencils, do five minutes of yoga poses with their teachers and then symbolically pass the baton westward to kids in the next time zone as the world's children surf a yoga wave around the globe to a Hawaii finish at 11:05, Aleutian Standard Time.

L.A. kids will do yoga on the Santa Monica pier the day before, April 6 at five p.m. in unison with their Australian yogi partners who are starting the KYD wave at that moment as their clocks strike 11 a.m. April 7, Australian Eastern Standard Time. The rally is free and features a kids concert, yoga classes, giveaways and a proclamation from the L.A. County Board of Supervisors to KYD founder and award-winning author Teresa Power spotlighting Los Angeles as the founding city of a global movement bringing the health benefits of yoga to the world's children.

On April 7 in Los Angeles, Power, author of the bestselling book, The ABCs of Yoga for Kids, is teaching two yoga classes to over 300 kids from K through 8th grade at St. Raphael's School, 924 W. 70th Street, Los Angeles, from 11:00 to 11:30 a.m. She spends much of her time bringing yoga to underserved communities that may not have access to yoga classes. "One of the reasons I wrote my first book was to make yoga accessible to everyone, regardless of location or finances." She will also introduce her latest title, The ABCs of Yoga for Kids Around the World.

"We want to bring worldwide attention to the fact that yoga is every bit as good for children as it is for adults" says Power. "In fact, there is growing evidence that yoga may be even more beneficial for kids, especially when it comes to calming them after recess, combating obesity, counteracting the effects of too much technology and perhaps even replacing drugs as a method to deal with ADHD."

The mantra that fuels her enthusiasm is "Changing the world, one pose at a time."

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