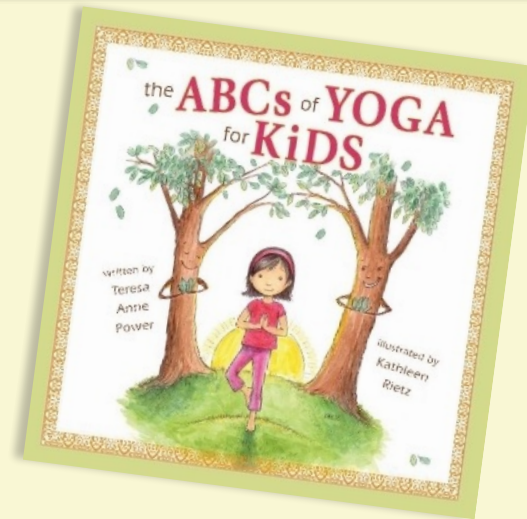


# YOGA for KiDS - One of the BEST ways to get healthy!

This Author Will Give Your Audience a Fun Way to  
Improve the Health of Their Children



Any activity for young children is important, considering the nation, including our youth, is under siege by obesity, stress and disease like diabetes that stem from poor diet and lack of exercise. Nutrition and fitness are the cornerstone of children's health.



## Attention Producers:

Teresa Anne Power is a seasoned interview and offers interesting, informative information to your audience.

*Endorsed by moms, school administrators and celebrities alike, this multiple award winning book introduces children to yoga in a kid-friendly way.*

## Story Ideas

- Top 2 dangers of excessive media time for kids and how yoga can help
- Parent child relationship building; Yoga is the key!
- ADD and ADHD Children - 5 yoga poses to channel their excess energy
- Beyond the playground - 6 ways Yoga can pave the way for a lifetime tradition of health and fitness
- Combating childhood obesity - how children can maintain a healthy weight and feel better about themselves for life
- Teaching yoga to kids should start at an early age, says local yoga expert
- Childhood is not an extreme sport - moderation is the key to a healthy, whole child

## TERESA ANNE POWER,

avid yoga practitioner, teacher and speaker, is an internationally recognized expert on children's yoga and the author of the best-selling and award-winning book **The ABCs of Yoga for Kids**. Teresa has taught yoga classes and



workshops to children in schools and organizations nationally and has spoken at numerous venues across the United States. Teresa also volunteers her yoga expertise at Let's Move West LA, Children's Bureau, Connections for Children, Pathways and The Neighborhood Youth Association. Her book, **ABC's of Yoga for Kids** has sold over 250 thousand copies world wide, and translated into 4 languages. Teresa Power has appeared on local and national television and writes children's health and fitness articles on Examiner.com. For more information, please visit Teresa's website at [www.abcyogaforkids.com](http://www.abcyogaforkids.com).

## Availability:

Los Angeles, California, nationwide by arrangement, telephone, or Skype.

Contact: Teresa Anne Power  
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www.abcyogaforkids.com  
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*"Yoga offers so many benefits to mind, body and soul that it's wonderful to start kids at a young age. The best way to do that is to make it fun - and this book certainly does that. With its beautiful illustrations and instructive vignettes, it makes learning yoga like play. I love it!"*

*—Mariel Hemingway, Actress and Mom, Co-author of Be YOU Now! and Co-star of Yoga Now and 5-Minute Results Yoga*