**Second Annual Kids’ Yoga Day to Take Place**

**April 7, 2017 in 50 States and 29 Countries**

Its creator, bestselling author Teresa Anne Power, says at 11 a.m., about 30,000 kids will spend five minutes at schools and other places doing fun yoga poses and celebrating fitness. Kids’ Yoga Day Ambassador [your name] will holding an official event at [insert location].

[Your city, state] —On April 7th, from 11 a.m. to 11:05 a.m. local time, thousands of schoolchildren around the world, including those in all 50 U.S. states, will put down their books and let their imaginations run free as they mold themselves into trees, flamingos, windmills, kites and other kid-friendly yoga positions. They will be joined by other children at home and other locations, all led by more than 200 official ambassadors, including local [your position – yoga instructor, teacher, etc.] [your name]. It’s all part of the second annual Kids’ Yoga Day envisioned by Teresa Anne Power, a bestselling author whose latest book, *The ABCs of Yoga for Kids Around the World*, is being released that day.

An internationally recognized expert on children’s yoga and author of *The ABCs of Yoga for Kids,* Power says few people understand how powerful yoga can be. More than a great way to become fit, she says parents who practice yoga with their children get a bonus: stronger relationships with them. “When you both do something healthy and fun, you will get closer,” she observes, noting that the type of yoga she favors is playful and does not involve chanting.

Kids’ Yoga Day is being celebrated locally at [include date, time, and location]. [If it’s open to the public, include how the public can attend]. [Include a quote from you… for example… “I have always believed so strongly in the power of yoga to help our youth. By participating in Kids’ Yoga Day, kids will experience first-hand how good they can feel, both physically and mentally, from just five minutes of yoga”, says [Your name].

**About [your name]:**

Bio

**AVAILABILITY:** By telephone and arrangement

**CONTACT:** [your name], [your number]; [your email address]

[Please also include a link to kidsyogaday.com]