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

**April 6, 2018 in 50 States and Over [x] Countries**

Its creator, bestselling author Teresa Power, says about [x] 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 6th, from [Insert start time] a.m. to [Insert end time] 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 third annual Kids’ Yoga Day, which is the primary event of nonprofit organization, World Yoga Power.

World Yoga Power founder, internationally recognized yoga expert, and creator of *The ABCs of Yoga for Kids* product series*,* Teresa 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]