

10th International **Kids' Yoga Day**

Friday, April 4th, 2025



*...to take part in this free,
annual celebration of fitness,
mental health, and community*

500,000 children from **45** countries, **6** continents,
and all **50** US states have participated in
Kids' Yoga Day, a holiday founded by international
kids' yoga educator, Teresa Power, in 2016.



*HERE'S HOW YOU CAN HELP CHANGE
THE WORLD, ONE POSE AT A TIME*



1 Visit kidsyogaday.com to
sign up and get all of the
information you need to
celebrate... or find a Kids'
Yoga Day event near you!

2 Do the simple yoga routine
with the children in your life
on Friday, April 4th,
alongside thousands of
others around the globe!

- No prior yoga experience needed
- Perfect for all ages and abilities

Visit www.kidsyogaday.com to learn more and get your free planning kit