5-MINUTE-A-DAY YOGA ROUTINE with and poses

1 Candle
2 Cow
3 Cat
4 Dog
5 Mouse
6 Warrior
7 Tree
8 Happy Baby
9 Windshield Wipers
10 Do Nothing Pose

This routine is by Teresa Power, acclaimed yoga expert, creator of the ABCs of Yoga for Kids series, founder of Kids' Yoga Day. For instructions on how to do each pose, visit abcyogaforkids.com/backtoschool. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

Teresa Power

Illustrations by Kathleen Rietz and excerpted from The ABCs of Yoga for Kids® • WWW.ABCYOGAFORKIDS.COM • INFO@ABCYOGAFORKIDS.COM