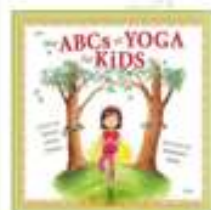


5-MINUTE-A-DAY YOGA ROUTINE with and poses



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