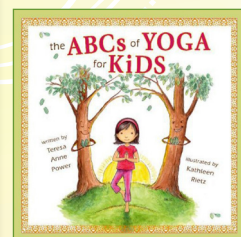
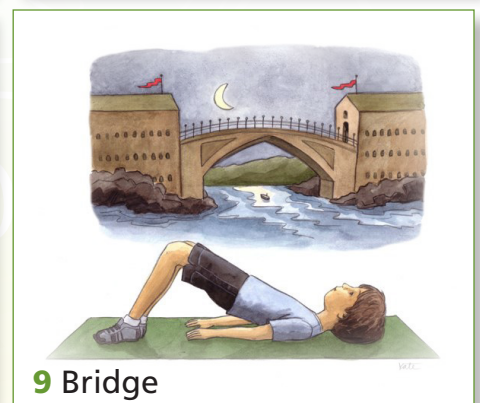
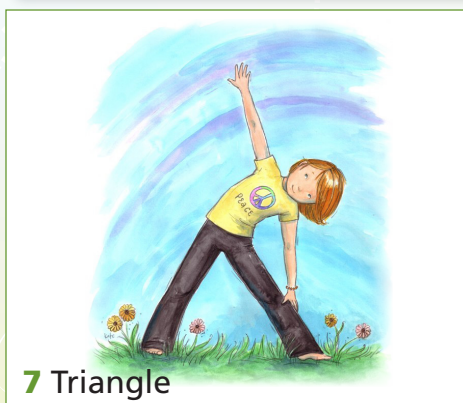
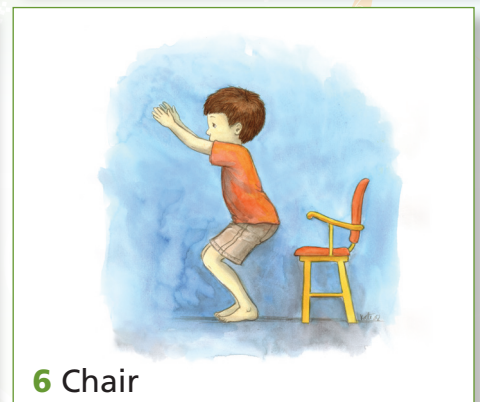
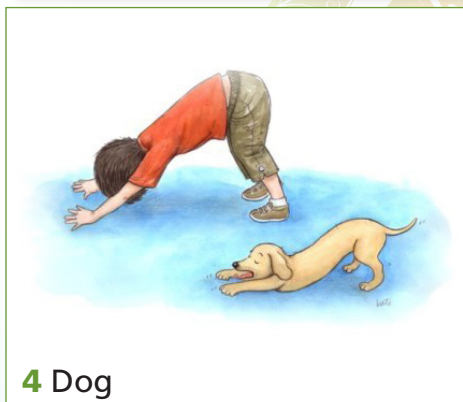
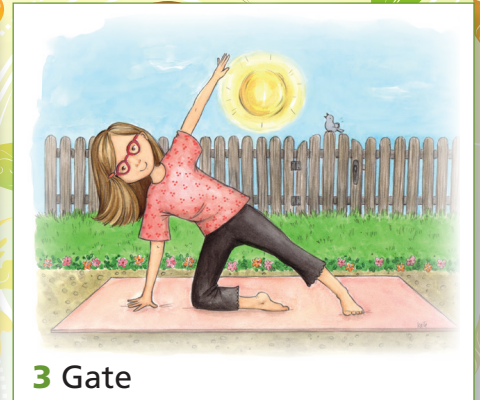


# BACK TO SCHOOL YOGA

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](http://abcyogaforkids.com/backtoschool). As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA  POWER