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Frame of Mind **Archives Available on 7th Wave Network** April 9th 2011: Special Encore Presentation: Yoga for Kids

Teresa Anne Power will share her knowledge of yoga and experience working with children. She will talk about her book, The ABCs of Yoga for Kids. Join us for a delightful discussion on the beneficial effects yoga has to offer children who practice it on a regular basis as well as those who are new yogis.



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Featured Guest



Teresa Anne Power

TERESA ANNE POWER, avid yoga practitioner for the past quartercentury, is the author of the The ABCs of Yoga for Kids. Her book has won eight awards, including receiving a Gold Medal in the Mom's Choice Awards.

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