SPORTS

NEWS

BUSINESS

Q



REAL ESTATE

Adam Avin, who is one of the youngest certified yoga instructors in Florida, created Wuf Shanti, a life-size dog that performs yoga poses and sings along with children in front of the camera. - Photo provided to the Miami Herald

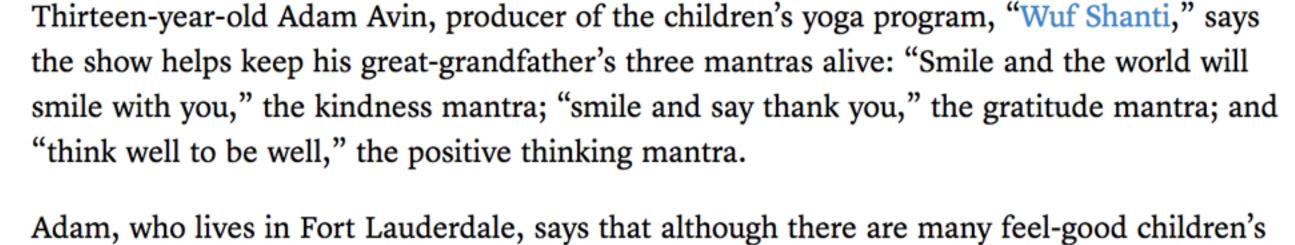
A 13-year-old is teaching kids yoga on TV – with the help of a giant dog costume



BY AYANNA RUNCIE Special to the Miami Herald



AUGUST 23, 2017 11:05 AM



shows, none is quite like his. "They don't teach the yogi mindset, they don't teach all these different yoga poses, they don't teach the meditation techniques," he said.

The Children's Television Network, which recently picked up "Wuf Shanti," will soon extend its coverage internationally. The network currently airs in 15 children's hospitals nationwide and plans to expand its reach to 170 hospitals throughout the United States. In December, it will also begin offering its programming on various streaming services accessible throughout the world via Apple TV, Hulu, Amazon Fire TV stick, Samsung smart televisions, among others.



great-grandfather's mantras written underneath, which the teen then developed into a book before setting his sights on the 15-minute television show. Adam, who is one of the youngest certified yoga instructors in Florida, was the original Wuf

Wuf Shanti, the life-size dog and star of the show, started off as drawings by Adam with his

Shanti. He dressed in a life-size dog costume until he outgrew it. He's now 5 feet 10. The dog performs yoga poses and sings



like is that it's delivered by someone closer to their age rather than a 35-year-old delivering

Adam Levine

about a year ago

PBS stations in South Florida and anytime on YouTube.

travels to children's hospitals around the nation to lead yoga classes and teach mindfulness. On Facebook, Wuf Shanti has more than 50,000 followers. Last year, singer Adam

Levine of Maroon 5 posted on his own

along with children in front of the camera.

When the cameras are not rolling, he

Facebook page, "What a cool way to teach kids yoga. Go back this Kickstarter from an amazing kid!" Donnie Vick, CEO of The Children's Television Network, said this show along with others on the network will offer

"It gets kids moving and start thinking about their body," he said. "What I really

viewers something unlike any other current

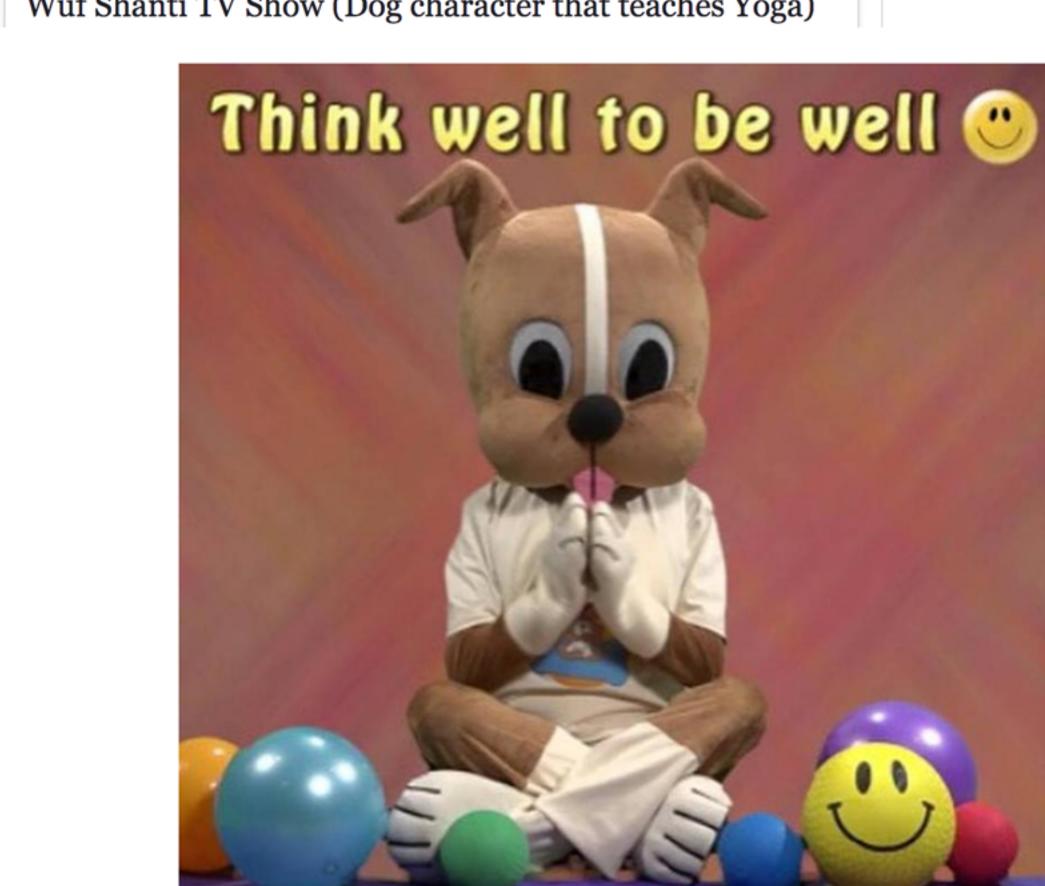
"Wuf Shanti," which is executive produced and written by Adam's mother, Marni Becker-Avin, will be available through an upcoming mobile app. It is also available daily on local

the message. Because sometimes kids like to hear things from other kids."

show.

"Wuf Shanti is so important right now, with everything going on in the world because he encourages health and wellness in children and promotes peace and positivity," Becker-Avin said.





Adam Avin, who is one of the youngest certified yoga instructors in Florida, created Wuf Shanti, a life-size dog that performs yoga poses and sings along with children in front of the camera. Photo provided to the

1 of 12

Miami Herald