

Head, Shoulders, Yoga Pose

Here's a classic with a yoga twist! It's so much fun, it can't be missed!

Namaste Yogis!

When I say "yoga pose," pick your favorite pose to do.

And don't forget my Golden Rule:

Whatever you do on one side, you gotta do on the other.

Let's start with standing poses for balance!

Head, shoulders, yoga pose yoga pose

REPEAT

Breathe in and out deeply through your nose

Bend down and touch your toes, touch your toes.

Let's do that again just because you know you can!

Head, shoulders, yoga pose yoga pose

REPEAT

Breathe in and out deeply through your nose

Bend down and touch your toes, touch your toes.

This time go a little faster 'cause you're the Yoga Master!

Head, shoulders, yoga pose yoga pose

REPEAT

Breathe in and out deeply through your nose

Bend down and touch your toes, touch your toes.

Knick knack paddywack, everybody on your back!

Head, shoulders, yoga pose yoga pose

REPEAT

Breathe in and out deeply through your nose

Sit up and touch your toes, touch your toes.

Fee Fi Fo Fummy, everybody on your tummy!

Head, shoulders, yoga pose yoga pose

REPEAT

Breathe in and out deeply through your nose

Rest in your CHILD'S pose...