

## A Yogi Went to Sea

If you want to be a yogi like me, practice wherever  
you are...  
on land or even at sea.

A yogi went to sea sea sea  
To see what she could see see see  
But all that she could see see see  
Was the bow of her big white **BOAT**

**Pirate:** "Aye matey, breathe in that briny sea air!  
Pranayama, so good for your lungs."

A yogi went to sea sea sea  
To see what she could see see see  
But all that she could see see see  
Was the **DOLPHIN**...

**Pirate:** "What kind of dolphin?"

**Kids:** "Happy" "Atlantic bottle nose" "Slippery"  
Jumpin' near the bow of her big white **BOAT**

**Pirate:** "Ay matey, breathe in that briny sea air!  
Pranayama, it keeps ya healthy all the yearlong!"

A yogi went to sea sea sea  
To see what she could see see see  
But all that she could see see see  
Was a **HERON**...

**Pirate:** "What kind of Heron?"

**Kids:** "Flying" "Occidentalis" "Wavy"  
Flyin' over the **DOLPHIN**...

**Kids:** "Happy" "Atlantic bottle nose" "slippery"  
Jumpin' near the bow of her big white **BOAT**

**Pirate:** "Ahh, breathe in that briny sea air.  
Pranayama will keep you focused for your school  
work."

A yogi went to sea sea sea  
To see what she could see see see  
But all that she could see see see  
Was a **FISH**...

**Pirate:** "What kind of fish?"

**Kids:** "Sword" "King Salmon" "Tropical"  
Swimmin' next to the **HERON**

**Kids:** "Flying" "Occidentalis" "Wavy"  
Flyin' over the **DOLPHIN**...

**Kids:** "Happy" "Atlantic bottle nose" "slippery"  
Jumpin' near the bow of her big white **BOAT**

**Pirate:** "Ay matey, breathe in that briny sea air.  
Pranayama will help you become a better athlete!"

Now you go out to sea sea sea  
To see what you can see see see  
Please pick a pose for you to be  
And show it now to me...

**Pirate:** "Hmm. Hey matey, where's the big white  
boat? I'm sure there's a big white boat around here  
somewhere."

While you had time to do your pose  
A nap is what the yogi chose.  
She fell asleep inside her bunk.  
Let's do the same right now...  
KERPLUNK!!