

Head, Shoulders, Yoga Pose (Remix)

Head, shoulders, CRESCENT MOON yoga pose

REPEAT

Reach up real high; breathe in 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, do the TREE yoga pose.

REPEAT

Reach up real high; breathe in 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, TRIANGLE yoga pose.

REPEAT

Reach up real high; breathe in through your nose.

Bend down and touch your toes, touch your toes.

Knick knack paddywack, everybody on your back!

Head, shoulders, do the BRIDGE 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, do the BOW yoga pose.

REPEAT

Breathe in and out deeply through your nose.

Rest in your CHILD'S pose.