Try Try Yoga

Sometimes you'll be feeling bad
Maybe sometimes feeling sad
Feeling bad and feeling sad
What'cha gonna do?

**CHORUS:**
Try Try Yoga
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Try Try Yoga
Try Try Yoga
Yoga's good for you

Stand tall breathing through your nose
Spread your arms for the star pose
Breathing deeply in your pose
That's what you can do

**CHORUS**

Stand tall breathing through your nose
Shake just like a wiggly hose
Breathing deeply through your nose
That's what you can do

**CHORUS 2x**

Stand tall breathing through your nose
Now let's do our rag doll pose
Breathing deeply in your pose
That's what you can do

**CHORUS**
Stand tall breathing through your nose  
Twirl around that's how this goes  
Breathing deeply through your nose  
that's what you can do

**CHORUS 2x**

On your knees breathe through your nose  
Time to hold your Lion pose  
Breathing deeply in your pose  
That's what you can do

**CHORUS**

Try try Yoga (ROAR)  
Try try yoga (ROAR)  
Try try yoga (ROAR)

Hands and knees breathe through your nose  
Time for the Cat/Cow pose  
Breathing deeply through your nose  
That's what you can do

**CHORUS**

Breathe in deeply through your nose  
Resting now in Child's pose  
Breathing deeply in your pose  
That's what you can do

**CHORUS**
Meditate to clear your mind
That won't take you too much time
Meditate and you'll feel great
That's what you can do

CHORUS

Lay down time to close your eyes
Secret gardens' your surprise
Lay down time to close your eyes
That's what you can do