

## Drum a Drum Yoga

Dance, shake, pose and drum around,  
When we make our rhythmic sound.

Drum a drum yoga.  
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Now let's sit in chair pose please.  
Use your hands, drum on your knees.

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Straddle legs out really wide.  
Drum the floor from side to side.

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Say these words with some flair.  
Wave your hands up in the air.

Shake it, yogi, shake it.  
Shake it, yogi, shake it.  
Shake it, yogi, shake it.  
Shake it, yogi, shake it.

Keep them up there really high.  
Try to reach up towards the sky.

Shake it, yogi, shake it.  
Shake it, yogi, shake it.  
Shake it, yogi, shake it.  
Shake it, yogi, shake it.

Let's form a circle and find our groove.  
You can jump in the middle and show us a  
move.  
Free dance time is lots of fun.  
Let's boogie on down with everyone.

Everybody say, "Oh yeah!"  
"Oh yeah!"  
"Oh yeah!"  
"Oh yeah!"

Can you wiggle in your seat?  
Can you wiggle in your seat?  
Can you play to the beat?  
Can you play to the beat?

"Oh yeah!"  
"Oh yeah!"  
I said, "Oh yeah!"  
"Oh yeah!"

Yo-yo-yogis of the jungle.  
Yo-yo-yogis of the jungle.  
Let's all do a TREE!  
Everybody do a TREE!

Find a friend to share your beat.  
Move your body. Dance your feet.  
And drum this on your belly.  
Drum this on your belly.  
Peanut butter jelly.  
Drum this on your belly.  
Peanut butter jelly.  
Drum this on your belly.  
Peanut butter jelly.  
Peanut butter jelly.  
Peanut butter jelly.  
Peanut butter jelly.  
Peanut butter jelly.

Sit in pretzel, if you care.  
Drum around everywhere.

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On your belly, be a sphinx.  
Yoga works out all the kinks.

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Lay down flat on your back.  
Time to slow down the track.

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