

Sergeant Salutation

You gotta get up,
You gotta get up,
You gotta get up in the morning.
You gotta get up.
You gotta get up.
You gotta salute the sun.

Ok, kids. Sarge here. Just like you salute
The Sarge, we're gonna salute the sun.
Yogis... Salute!

Namaste. Namaste.
Butterfly up. Butterfly up.
Butterfly down. Butterfly down.
Ragdoll. Ragdoll.
Ragdoll. Ragdoll.
Jump back. Jump back.
Plank pose. Plank pose.
Plank pose. Plank pose.
Downward dog. Downward dog.
Upward dog. Upward dog.
Downward dog. Downward dog.
Jump forward. Jump forward.
Ragdoll. Ragdoll.
Ragdoll. Ragdoll.
Butterfly up. Butterfly up.
Namaste. Namaste.

Breathe in and out your nose.
Stand tall in mountain pose.
Take a break. Take a rest.
Salutations are the best.
Breathe in and out your nose.
Stand tall in mountain pose.
Take a break. Take a rest.
Salutations are the best.

Ready for another round?
Yeah!
Yogis... Salute!

Namaste. Namaste.
Butterfly up. Butterfly up.
Butterfly down. Butterfly down.
Ragdoll. Ragdoll.
Jump back. Jump back.
Plank pose. Plank pose.
Downward dog. Downward dog.
Upward dog. Upward dog.
Downward dog. Downward dog.
Three-legged dog. Three-legged dog.
Other side. Other side.
Downward dog. Downward dog.

Jump forward. Jump forward.
Ragdoll. Ragdoll.
Butterfly up. Butterfly up.
Namaste. Namaste.

Breathe in and out your nose.
Stand tall in mountain pose.
Take a break. Take a rest.
Salutations are the best.
Breathe in and out your nose.
Stand tall in mountain pose.
Take a break. Take a rest.
Salutations are the best.

Now we work harder.
Faster this time.

Namaste. Namaste.
Butterfly up. Butterfly up.
Butterfly down. Butterfly down.
Ragdoll. Ragdoll.
Jump back. Jump back.
Plank pose. Plank pose.
Downward dog. Downward dog.
Upward dog. Upward dog.
Downward dog. Downward dog.
Bow pose. Bow pose.
Rock n' roll. Rock n' roll.
Child's pose. Child's pose.
Downward dog. Downward dog.
Jump forward. Jump forward.
Ragdoll. Ragdoll.
Ragdoll. Ragdoll.
Butterfly up. Butterfly up.
Namaste. Namaste.

Yogis down on your mat.
Arms and legs spread apart on your back.
In this pose, if you will.
Please be still.