

## I am a Little Yogi

What balances and spins on one leg?  
A Dreidel?  
No, silly. A dreidel doesn't have legs.

I am a little yogi breathing through my nose.  
I stretch all of my body when I hold my yoga  
pose.

Oh TREE POSE TREE POSE TREE POSE  
I stand up very tall.  
I arms stretch out real wide.  
I'm careful not to fall.  
Oh TREE POSE TREE POSE TREE POSE  
I stand up very tall.  
I arms stretch out real wide.  
I'm careful not to fall.

I am a little yogi breathing through my nose.  
I stretch all of my body when I hold my yoga  
pose.

Oh DANCER DANCER DANCER  
I'm graceful and it shows.  
One hand reaches high  
And the other grabs my toes.  
Oh DANCER DANCER DANCER  
I'm graceful and it shows.  
One hand reaches high  
And the other grabs my toes.

I am a little yogi breathing through my nose.  
I stretch all of my body when I hold my yoga  
pose.

Oh EAGLE EAGLE EAGLE  
I'm twisted up real tight.  
My arms and legs are tangled.  
I squeeze with all my might.  
Oh EAGLE EAGLE EAGLE  
I'm twisted up real tight.  
My arms and legs are tangled.  
I squeeze with all my might.

It's time to spin and dance around  
And play with all our friends.  
Yoga time together's fun.  
I hope it never ends.

If your face has a frown,  
Have some fun and spin around.  
Don't just stand there lookin' duh  
Get mashuga.  
Get mashuga!  
I said get mashuga!

So spin your body  
Move your feet.  
Turn around to the crazy beat.  
Dance and twist,  
Jump and spin.  
Move every day and you're gonna win!

Oh children children children,  
The future's our, you see?  
We spin around in circles  
We're one big family.

I am a little yogi breathing through my nose.  
I stretched all of my body from my Kepi to  
my toes.