

## Hip Hop Yoga Bop

What could be better than dancing and yoga together? Stay on your toes, when you hear “Yoga Stop” strike a pose!

Hip hop everybody bop. Hip hop everybody bop.  
REPEAT  
Hip hop yoga STOP  
REPEAT  
Hip hop everybody bop. Hip hop everybody bop.

### Rap 1:

If you wanna feel good and you wanna be strong,  
then do your yoga all day long.  
Breathe, stretch, and meditate. Add good deeds,  
you’re doing great!  
Be peaceful and be really kind, and then you’ll have  
a yoga mind.  
Om shanti and Namaste are yoga words I like to  
say.  
Yo Yo Yoga life is really cool! I share it with my  
friends in my school.  
I’ll never let it go away—I’m gonna practice every  
day!

Hip hop everybody bop. Hip hop everybody bop.  
REPEAT  
Hip hop yoga STOP  
REPEAT  
Hip hop everybody bop. Hip hop everybody bop.

### Rap 2:

So now you feel good and now you feel strong  
cause you’re doin’ yoga with this song.  
You’re focused, kind, and loving too—it’s amazing  
what yoga brings to you!  
It lifts you up to a higher plane, you’re walking on  
air...you don’t complain!  
You’ll see everything in a whole new light. It’s all  
good—WE KNOW THAT’S RIGHT!  
Yo Yo Yoga life belongs to you; it stretches your  
mind and your body too!  
Don’t ever let it go away and remember to practice  
every day!

Hip hop everybody bop. Hip hop everybody bop.  
(That’s right)

REPEAT (C’mon)

Hip hop yoga STOP

REPEAT

Hip hop everybody bop. Hip hop everybody bop.

### REPEAT RAP 1

Hip hop everybody bop. Hip hop everybody bop.  
REPEAT  
Hip hop yoga STOP  
REPEAT  
Hip hop everybody bop. Hip hop everybody bop.

### REPEAT RAP 2

Hip hop everybody bop. (“That’s right!”)  
Hip hop everybody bop. (“C’mon, c’mon!”)  
Hip hop everybody bop. (“Oh yeah!”)  
Hip hop everybody DROP....