**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)