

## Yoga Version of This Old Man

By Mary Mandico

This little yogi she played one. She did Salutation to the sun.  
With your head up high, then nose down to your toes.  
This little yogi did another pose.

This little yogi she played two. Downward dog how about you.  
With your tushy in the air and your hands upon the ground.  
This little yogi did another round.

This little yogi he played three. He did yoga in a tree.  
Arms out wide then he did the other side.  
This little yogi stood up and cried,  
"Wheeee!"

This little yogi he played four. Kitty cats go down on all fours.  
Meow meow meow meow meow meow meow meow meow.  
This little yogi did meow meow meow.

This little yogi she played five. She played bumble bee in a hive.  
Buzz buzz buzz buzz buzz buzz buzz buzz buzz.  
This little yogi did buzz buzz buzz.

This little yogi she played six. She did plank pose like a stick.  
With her arms straight down and her legs are really long.  
This little yogi went on with her song.

This little yogi he played seven. He did star pose to the heavens.  
Twinkle twinkle twinkle little star.  
This little yogi wonders what you are.

This little yogi, she played eight. She played all around the gate.  
So swing your leg out once upon each side.  
This little yogi went for a ride.

This little yogi, he played nine. He played mountain with a tall straight spine.  
With his shoulders back and he lifts up his chin.  
This little yogi plays again and again.

This little yogi, she played ten. She did sun salutation again.  
With her butterfly hands and she ends in Namaste.  
This little yogi in Secret Garden will stay.