

Adon Olam

Yo- ga is fun for e- VRY- one.
Salute the sun but you're not done.
Breathe in real deep and meditate.
We play some games and kid around, it's all so great.

Our shoes come off, unroll our mats.
Lets crawl around the room and pretend we're cats.
We stretch up high and bend down low.
Then practice all the yoga poses ... we all know.

Yo- ga is fun for e- VRY- one.
Salute the sun but you're not done.
Breathe in real deep and meditate.
We play some games and kid around, it's all so great.

When games are done it's time to rest.
Everybody's knows secret garden's best.
May THE WORLD be filledwith peace and joy,
And lots of love and light FOR EVERY girl AND boy.

Yo- ga is fun for e- VRY- one.
Salute the sun but you're not done.
Breathe in real deep and meditate.
We play some games and kid around, it's all so great.

[Repeat]