

## Try Try Yoga

Sometimes you'll be feeling bad.  
Maybe sometimes feeling sad.  
Feeling bad and feeling sad. Whatcha gonna do?

Try Try Yoga  
Try Try Yoga  
Try Try Yoga  
Yoga's good for you.

Stand tall breathing through your nose  
Spread your arms for the star pose.  
Breathing deeply in your pose.  
That's what you can do.

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Stand tall breathing through your nose  
Shake just like a wiggly hose  
Breathing deeply in your pose.  
That's what you can do.

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Stand tall breathing through your nose  
Now let's do our ragdoll pose.  
Breathing deeply in your pose.  
That's what you can do.

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Stand tall breathing through your nose  
Twirl around that's how this goes.  
Breathing deeply in your pose.  
That's what you can do.

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On your knees breathe through your nose.  
Time to hold your lion pose.  
Breathing deeply in your pose.  
That's what you can do.

Try Try Yoga  
[roar]  
Try Try Yoga  
[roar]  
Try Try Yoga  
[roar]  
Yoga's good for you.

Hand and knees breathe through your nose.  
Time for the cat/cow pose.  
Breathing deeply in your pose.  
That's what you can do.

Try Try Yoga  
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Yoga's good for you.  
Breathing deeply through your nose.  
Resting now in child's pose.  
Breathing deeply in your pose.  
That's what you can do.  
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Meditate to clear your mind.  
That won't take you too much time.  
Meditate and you'll feel great.  
That's what you can do.

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Yoga's good for you.  
Lay down. Time to close your eyes.  
Secret Garden's your surprise.  
That's what you can do.