

A Yogi Went to Sea

If you want to be a yogi like me, practice wherever
you are...
on land or even at sea.

A yogi went to sea sea sea
To see what she could see see see
But all that she could see see see
Was the bow of her big white **BOAT**

Pirate: "Aye matey, breathe in that briny sea air!
Pranayama, so good for your lungs."

A yogi went to sea sea sea
To see what she could see see see
But all that she could see see see
Was the **DOLPHIN**...

Pirate: "What kind of dolphin?"

Kids: "Happy" "Atlantic bottle nose" "Slippery"
Jumpin' near the bow of her big white **BOAT**

Pirate: "Ay matey, breathe in that briny sea air!
Pranayama, it keeps ya healthy all the yearlong!"

A yogi went to sea sea sea
To see what she could see see see
But all that she could see see see
Was a **HERON**...

Pirate: "What kind of Heron?"

Kids: "Flying" "Occidentalis" "Wavy"
Flyin' over the **DOLPHIN**...

Kids: "Happy" "Atlantic bottle nose" "slippery"
Jumpin' near the bow of her big white **BOAT**

Pirate: "Ahh, breathe in that briny sea air.
Pranayama will keep you focused for your school
work."

A yogi went to sea sea sea
To see what she could see see see
But all that she could see see see
Was a **FISH**...

Pirate: "What kind of fish?"

Kids: "Sword" "King Salmon" "Tropical"
Swimmin' next to the **HERON**

Kids: "Flying" "Occidentalis" "Wavy"
Flyin' over the **DOLPHIN**...

Kids: "Happy" "Atlantic bottle nose" "slippery"
Jumpin' near the bow of her big white **BOAT**

Pirate: "Ay matey, breathe in that briny sea air.
Pranayama will help you become a better athlete!"

Now you go out to sea sea sea
To see what you can see see see
Please pick a pose for you to be
And show it now to me...

Pirate: "Hmm. Hey matey, where's the big white
boat? I'm sure there's a big white boat around here
somewhere."

While you had time to do your pose
A nap is what the yogi chose.
She fell asleep inside her bunk.
Let's do the same right now...
KERPLUNK!!