

## Joggin' Through the Jungle

Our visit to the jungle is fun...and a little scary!  
During the drum solo is when you pose.  
You better be wary...

**Haris:** "Murray, you ready to go for a jog?"

**Murray:** "Let's go!"

I'm-a joggin' through the jungle.  
I'm-a joggin' through the jungle to exercise.  
I'm-a joggin' through the jungle.  
I better be careful, I better be wise...  
Cause there's a **LION** over there and he's startin' to roar.  
He's so loud I'm gonna get down on the floor.  
Open my mouth wide and stick my tongue out, and let out a really loud **LION SHOUT**.... (Roar)

(chanting)

Let's go, let's go so we can be free!  
I wouldn't want that lion to be chasin' me.  
Let's go, let's go and follow me!  
What else is in the jungle for us to see?

I'm-a joggin' through the jungle.  
I'm-a joggin' through the jungle to exercise.  
I'm-a joggin' through the jungle.  
I better be careful, I better be wise...  
Under a log over there I see a **CROCODILE**.  
Hope he stays put for a really long while!  
On my belly with my head on my arm. Just tryin' to keep myself outta harm...

**Murray:** "Let's go!" (chanting)

Let's go, let's go so we can be free!  
I wouldn't want that croc to be chasin' me.  
Let's go, let's go and follow me!  
What else is in the jungle for us to see?

I'm-a joggin' through the jungle.  
I'm-a joggin' through the jungle to exercise.  
I'm-a joggin' through the jungle.  
I better be careful, I better be wise...  
I see a **TURTLE** over there snappin' at a fly.  
He's really really huge! Oh me, oh my!

Spread my legs out and duck my head, arms under knees. I hope he's been fed!

(chanting)

Let's go, let's go so we can be free!  
I wouldn't want that turtle snappin' at me.  
Let's go, let's go and follow me!  
What else is in the jungle for us to see?

I'm-a joggin' through the jungle.  
I'm-a joggin' through the jungle to exercise.  
I'm-a joggin' through the jungle.  
I better be careful, I better be wise...  
Now you pick a pose for all to see...like **COBRA, DEAD BUG, or WARRIOR 3**.

You can sit on your mat in **FLOWER POSE**.  
Take a deep breath and smell that rose.

**Murray:** "Let's go!" (chanting) Repeat

I went joggin' through the jungle.  
I went joggin' through the jungle to exercise.  
I went joggin' through the jungle. When you're havin' fun time really flies.  
I think I'll lay down and take a rest.  
I'm all stretched out and I feel my best.  
Joggin' and yoga is a great way to play.  
All my cares have gone away.

Cause I'm-a restin' in the jungle.  
I'm-a restin' in the jungle to clear my mind.  
I'm-a restin' in the jungle.  
I'm gonna lay down and try to unwind.

**Murray:** "Thank you!"