

## The Yoga Slide

This is a dance that's fun for you. When I say "Yoga Slide" here's what you do:  
Put your hands in Namaste. Let your body start to sway.

Step to the left, then to the right.  
The Yoga Slide's outta sight.

Hands up, hands up! C'mon. We're gonna be yogis!  
We're gonna be yogis.  
Jump up really high and then touch the sky.  
Jump! Jump! Keep jumpin' jumpin' jumpin'.  
REPEAT x 3

Now you touch your toes, this is RAGDOLL pose.  
Breathe in and out through your nose.  
And then come into MOUNTAIN pose.

Claps, claps, claps, jumping jacks. (mm-hmm)  
REPEAT  
It's the Yoga Slide. Move side to side.  
It's the Yoga Slide. Make it wide.  
It's the Yoga Slide. C'mon take a ride!

Drum, drum on your knees.  
Drum, drum on your knees.  
Drum, drum on your knees.  
CHAIR pose and FREEZE.  
Breathe deep. Breathe deep.  
REPEAT  
And then come into MOUNTAIN pose.

Claps, claps, claps, jumping jacks. (mm-hmm)  
REPEAT  
It's the Yoga Slide. Move side to side.  
It's the Yoga Slide. Make it wide.  
It's the Yoga Slide. C'mon take a ride!

Slide to the right. DANCER pose.  
Breathe in and out through your nose.  
And then return to MOUNTAIN pose.  
Slide to the left. DANCER pose.  
Breathe in and out through your nose.  
And then return to MOUNTAIN pose.

Drum, drum on your knees.  
Drum, drum on your knees.  
Drum, drum on your knees.

WARRIOR pose and FREEZE.  
Breathe deep. Breathe deep.  
Then return to MOUNTAIN pose.  
REPEAT (other side)

Claps, claps, claps, jumping jacks. (mm-hmm)  
REPEAT  
It's the Yoga Slide. Move side to side.  
It's the Yoga Slide. Make it wide.  
It's the Yoga Slide. C'mon take a ride!

Can you stand up tall? Be a TREE, don't fall.  
Breathe deep. Breathe deep.  
Now the other side—keep your arms out wide.  
Breathe deep. Breathe deep.  
And then come into MOUNTAIN pose.

Drum, drum on your knees.  
Drum, drum on your knees.  
Drum, drum on your knees.  
EAGLE pose and FREEZE.  
Breathe deep. Breathe deep.  
REPEAT  
And then come into MOUNTAIN pose.

Claps, claps, claps, jumping jacks. (mm-hmm)  
REPEAT  
It's the Yoga Slide. Move side to side.  
It's the Yoga Slide. Make it wide.  
It's the Yoga Slide. C'mon take a ride!

Get down on the floor and let's do some more!  
Criss-cross applesauce. Pretzel pose is the boss!

Twist to the left. Breathe deep.  
Uh-huh, uh-huh. Breathe deep.  
Twist to the right. Breathe deep.  
Uh-huh, uh-huh. Breathe deep.  
REPEAT

Now it's time to rest.  
The Yoga Slide is the best!  
Lay your body down and don't make a sound.

This is the original Yoga Slide. I'm Harini. Peace out.

