

Yoga Alphabet

Bari Koral

A your an apple
B a banana
C your a cat (Moew!) and
D dower dog
E you're an egg, and
F is a forward bend
G that feels good
H, I roll up say "HI" (Hi!)
J is a jump and
K is a kick
L is a lunge, let's make it stick (Ha!)
M, N say Namaste
O is an Ostrich head in a hole
P is the time to pick your pose
Q, R, S nake with me (sss!)
T your a T-rex, hear me roar!
U make a V 'cause you're so strong
W we're in a chair
X tra special
Y it's you, 'cause we got to
Z me and you

Lyrics Submitted by Chasher Mith Roble

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