



MUSICAL YOGA ADVENTURES

JUNGLE ADVENTURE



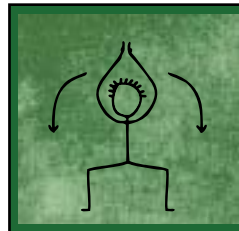
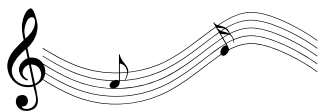
Life is an adventure, it's a jungle out there!
Come along with us, but only if you dare

Look to your left and then to your right
Keep your body calm if you wanna see the sights!

I see Mr. Monkey, he is climbing a tree
He's gonna sing a song for you and me

"Aah-Eh-Ee-Oh-Oo"
"Aah-Eh-Ee-Oh-Oo"

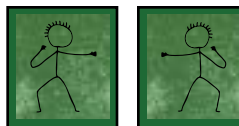
Now you sing "Aah-Eh-Ee-Oh-Oo"
"Aah-Eh-Ee-Oh-Oo"



stand with hands together at chest, feet apart, knees bent; straighten legs while raising hands overhead, opening arms wide with big exhale; return hand to chest and repeat



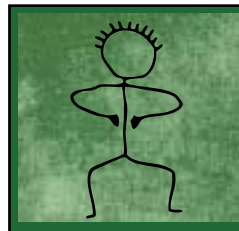
stand with legs open, knees slightly bent; move arms as if finger-painting from one side to the other, palms facing forward



with both hands do left block, shifting body to the right; then right block, shifting body to the left; bring palms together at center



stretch each side of torso while alternately reaching each arm up high to "climb tree"



with legs apart, bend knees; tap chest like monkey, while repeating sounds

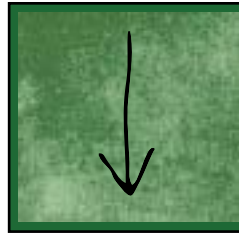
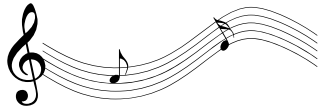


with legs apart, bend knees deeper; tap chest like monkey, while repeating sounds

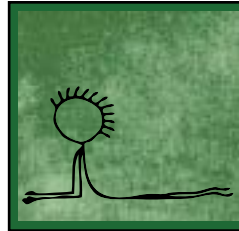


JUNGLE ADVENTURE

Shhhh! Please be quiet, let's get on the ground,
A slithering snake is dancing around

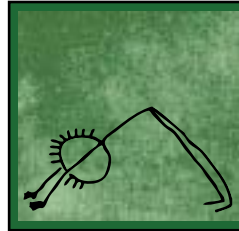


get down to ground



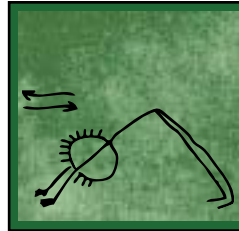
lay on belly, legs straight,
pushing upper body up
on elbows or extended
arms; slowly come back
down, repeat

Life is an adventure, it's a jungle out there!
Come along with us, but only if you dare



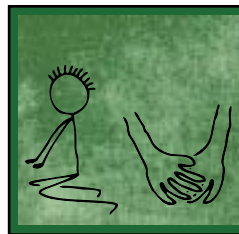
downward dog; push
up so arms and legs are
straight, "tail" up in the
air, eyes looking at your
belly

Look to your left and then to your right,
Keep your body calm if you wanna see the sights!

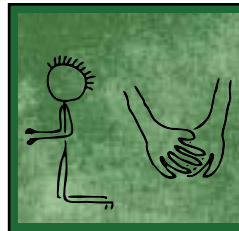


hold downward dog,
look to left and right,
then back to center

"Whoo! Whoo!" Now-did you hear that?
A great big elephant is walking to your mat



alternately tap thighs
as elephant walks,
then clasp hands and
make arms straight for
elephant trunk



alternate from high
kneeling to low kneeling
while raising "elephant
trunk" up and down

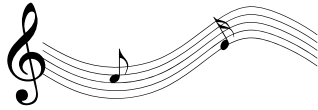
The big, strong lion has something to say
"Haah haah," it's a wonderful day



sit on heels, palms open
on thighs, fingers spread
wide, chest back; alter-
nately reach up to sun



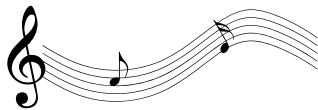
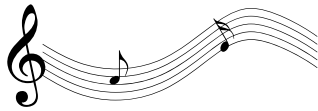
JUNGLE ADVENTURE



Life is an adventure, it's a jungle out there!
Come along with us, but only if you dare

Look to your left and then to your right,
Keep your body calm if you wanna see the sights!

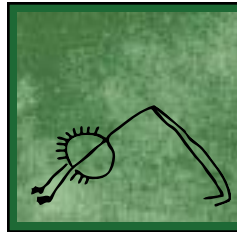
Up on your toes, now reach for the sun,
Our journey in the jungle, was really great fun!



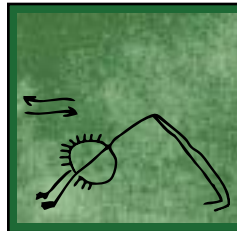
Life is an adventure, it's a jungle out there!
Use your imagination and go anywhere!



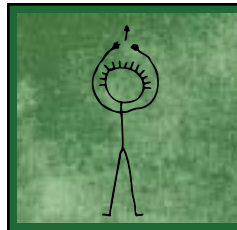
sit on heels, palms open on thighs, fingers spread wide, chest back, eyes and mouth open wide with tongue out, roaring "haah"



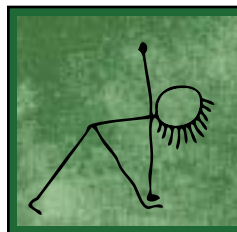
downward dog



hold downward dog, look to the left and right, then back to center



stand up on toes, circle both arms up to sun, then circle down



stand with feet shoulder-width apart, turn right foot 90°, left foot 45°; raise arms to shoulder height; stretch outward to right and tilt body, tipping left hip up and right hip down; arms follow with right arm reaching down and left arm reaching up to the sun; repeat on other side



stand with legs open, knees slightly bent; move arms as if finger-painting from one side to the other, palms facing out



JUNGLE ADVENTURE

You looked to your left and then to your right, you kept your body calm to see the sights!

"It's a jungle out there!"



with both hands do a left block, while shifting body to the right; then right block, shifting body to the left; bring palms together at center



bend knees, palms facing together up to mouth and whisper; make all the animal sounds from the jungle