



MUSICAL YOGA ADVENTURES

STRONG and FREE

"Come on everyone"
"Now take a deep breath"

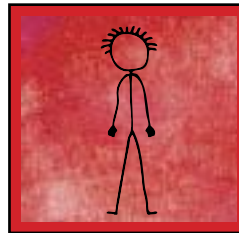


I am strong and I am free
I feel the energy flow through me
(repeat)

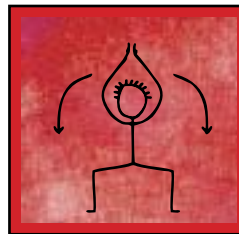
Open up your body, bend one knee,
Stretch all the way to infinity



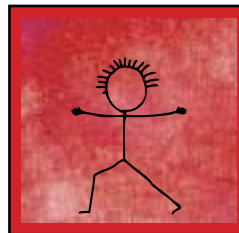
I am strong and I am free
I feel the energy flow through me
(repeat)



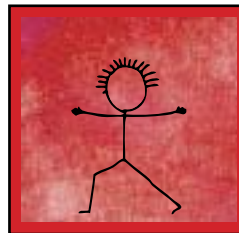
stand with feet hip-width apart, arms at sides, shoulders down and back; take a deep breath through nose and slowly release it



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



feet hip-width apart, turn right foot 90° and turn left foot 45°; bend right knee directly over, but not in front of, ankle, while stretching right arm forward and left arm back



hold above pose while taking deep breaths

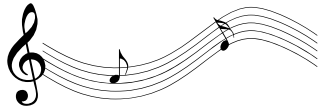


maintain legs in above position while alternately punching the right and left arms



STRONG and FREE

Drop one arm, reach the other one high,
Open your heart and touch the sky



I am strong and I am free
I feel the energy flow through me
(repeat)



"Now switch"
"Come on everyone"

I am strong and I am free
I feel the energy flow through me
(repeat)

Open up your body, bend one knee,
Stretch all the way to infinity



continue to hold legs
in above position,
while dropping left arm
down along left thigh
and reaching up to sky
with right arm, keeping
shoulders back and chest
open



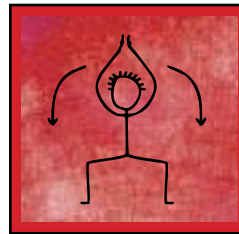
hold above pose while
taking deep breaths



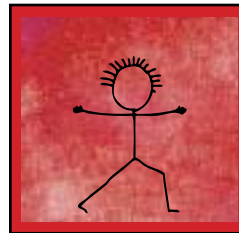
stand with legs wide
apart, arms out to both
sides, lifting one leg
straight out to the side;
swing arms as you place
leg back down; swing
arms back out as you lift
other leg straight out,
then repeat



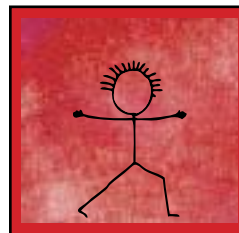
turn around in a circle



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



feet hip-width apart, turn
left foot 90° and turn
right foot 45°; bend left
knee directly over, but
not in front of, ankle,
while stretching left arm
forward and right arm
back



hold above pose while
taking deep breaths



STRONG and FREE

I am strong and I am free
 I feel the energy flow through me
 (repeat)

Drop one arm, reach the other one high,
 Open your heart and touch the sky



I am strong and I am free
 I feel the energy flow through me
 (repeat)

Touch your toes and bend at the knees,
 stretch out your arms and connect with me



"I'm strong...I am free"
 "I'm strong...I am free"



maintain legs in above position while alternately punching the right and left arms



continue to hold legs in above position, while dropping right arm down along right thigh and reaching up to sky with left arm, keeping shoulders back and chest open



hold above pose while taking deep breaths



stand with legs wide apart, arms out to both sides, lifting one leg straight out to the side; swing arms as you place leg back down; swing arms back out as you lift other leg straight out, then repeat



feet hip-width apart, bend knees and stick buttocks out (as if going to sit in a chair), while stretching arms out in front of you



hold above pose while taking deep breaths



with knees slightly bent, gently twist upper body, while swinging arms, to the right and then to the left