

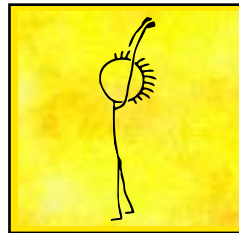


# MUSICAL YOGA ADVENTURES



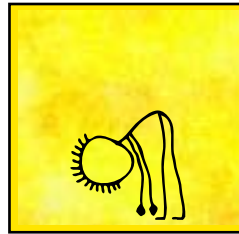
## SUN DANCE

I reach up, up, up to the sun (3x)  
Way up high to the big yellow sun



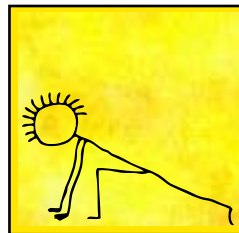
stand with feet hip-width apart, shoulders down, chest open; raise arms up overhead

I hang down, down, down to the ground (3x)  
Hang way down and I touch the ground



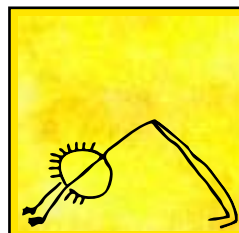
bending from the hips, with knees slightly bent, reach down toward the ground

I stretch one leg back, I'm a grasshopper (3x)  
Boing, boing, boing da boing



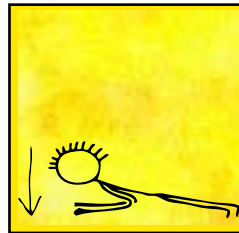
stretch right leg back, bending left knee directly over, but not in front of, ankle

I push into the downward dog (3x)  
Wag, wag, wag my tail



bring bent leg back so both arms and legs are straight, "tail" up in the air, eyes looking at your belly

I drop to smell the flowers, they smell so good (3x)  
Sniff, sniff, sniff achool!

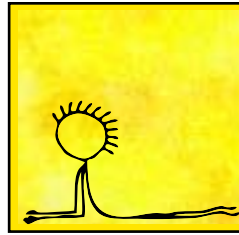


drop slowly down to the ground (the slower the better)



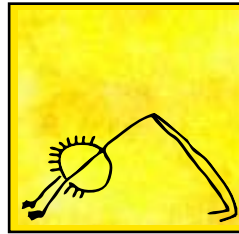
# SUN DANCE

I push up to the cobra snake (3x)  
Ssss, ssss, ssss, ssss



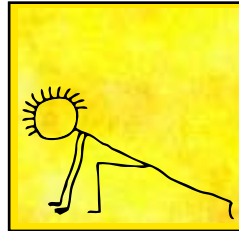
with legs straight (feet pointed), pelvis down, elbows close to body, push chest up and shoulders down

It's back into the downward dog (3x)  
Wag, wag, wag my tail



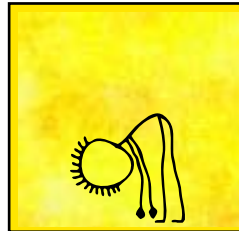
push up so arms and legs are straight, "tail" up in the air, eyes looking at your belly

I bend one leg forward, I'm a grasshopper (3x)  
Boing, boing, boing da boing



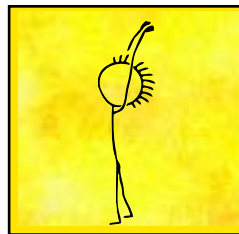
bring right leg forward, bending right knee directly over, but not in front of, ankle

I hang down, down, down to the ground (3x)  
Hang way down and I touch the ground



stand and bend from the hips, knees slightly bent, reaching down toward the ground

I reach up, up, up to the sun (3x)  
Way up high to the big yellow sun



stand with feet hip-width apart, shoulders down, chest open; raise arms up overhead

Namaste!

Namaste means: The very best in me sees the very best in you!



place palms together at chest