

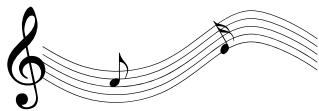


MUSICAL YOGA ADVENTURES

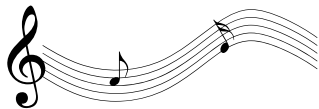


SWIMMIN'

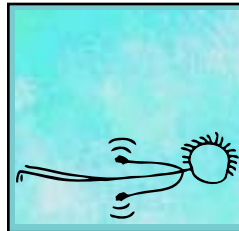
Swimmin' in the ocean, swimmin' in the sea,
Swimmin' in the swimming pool, swim with me



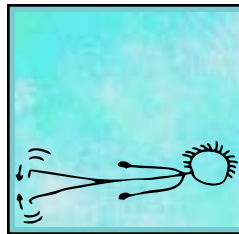
Stretch out in the ocean, stretch out in the sea,
Stretch out in the swimming pool, stretch with me



Paddle with your arms, right and left,
Kick it with your legs, it's fun to get wet



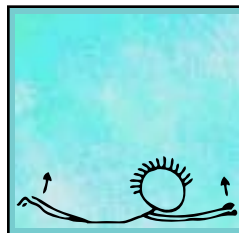
on stomach, arms close to body, palms down; keep legs down, lift head and chest while "splashing" hands in the water



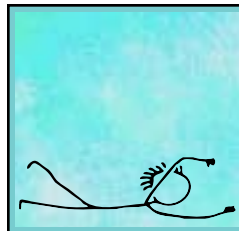
place head and chest down, gently lift legs, keeping them straight, and tap heels



stretch arms out in front, legs straight with toes pointed



for deeper stretch, lift arms with head and chest up, lift legs up from floor



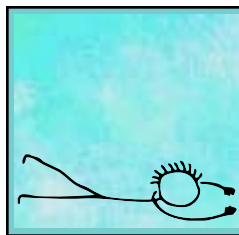
do forward swimming strokes with arms, kick with legs



SWIMMIN'



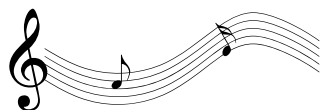
Push up on your arms, stand up on your legs, jump out of the water and splash with me



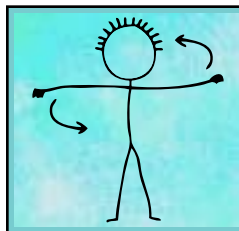
kick with legs (longer slow kicks for more of a stretch)



stand up



Now let's take a deep breath, easy as can be, Go under the water and hold your breath with me



splash up and down with arms straight as you twist from side to side



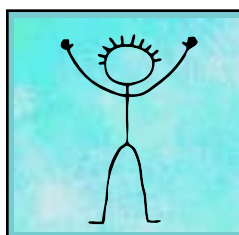
start on tip toes with arms overhead. Spread arms out to side for swan dive; squat down and take deep breath



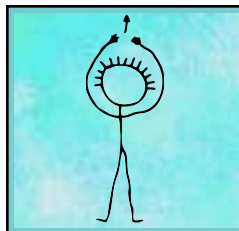
Jump out of the water, let your breath go, reach up to the sun and let it all go



while squatting and holding breath, count to 8 with fingers (can hold your nose while under water, switching hands after a count of 5)



let your breath out with a big exhale, reaching up to the sun



keep exhaling while reaching to sun with hands interlaced (on toes for more of a stretch)



SWIMMIN'

Swimmin' in the ocean, swimmin' in the sea,
Swimmin' in the swimming pool, swim with me

La, la, la, la, la, la, la, la, la, la
Isn't swimmin' fun, you did a great job
Du, du, du, du, du, du, du, swim with me!



standing, swim around room with forward stroke



switch to back stroke
switch to breast stroke
(for more of a challenge, lift leg) dry off!