

# The Yogi Pokey 1

(Surya namaskar 1)

(Sung to the tune of The Hokey Pokey)

You put your hands up high.



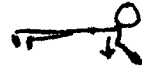
You put your hands down low.



You look up to the sky.



Step back and lower s-l-o-w.



You come up to a cobra.



And then back to downward dog.



Jump up to mountain pose.



Yogi Pokey!

