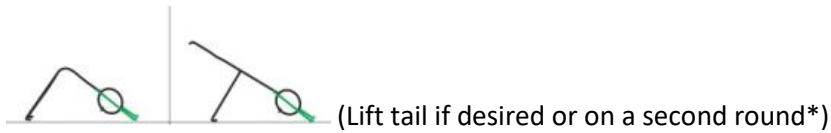
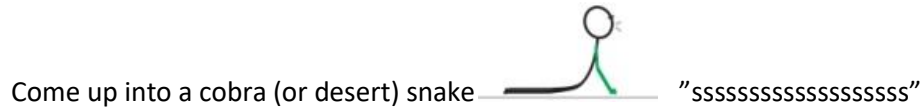
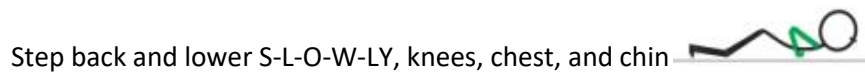
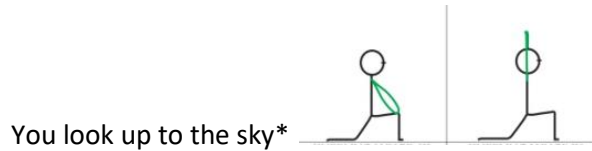
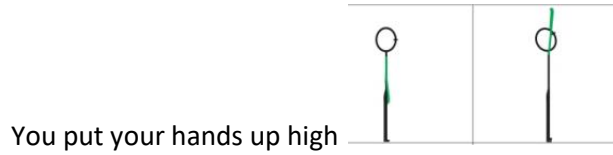
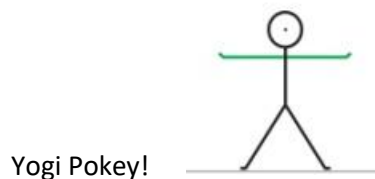
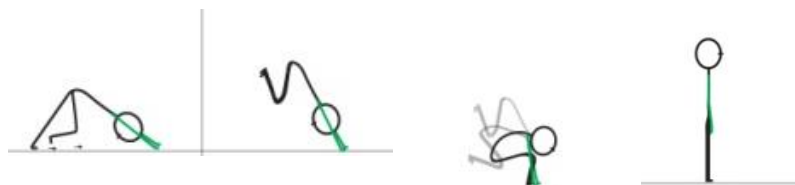


Yogi Pokey© Shana Myerson miniyogis® (Sung to the Hokey Pokey tune)



Jump up to mountain pose (or walk your feet)



*Repeat for a second round: “What you do on one side you do on the other” thus alternate knee in look up to the sky and alternate which side of the tail is raised in down dog. “In yoga the dog has two sides to the tail”

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