

Yoga Nagila

*Stop your kvetching, start stretching  
To the left*

Yoga Nagila, Yoga Nagila, Yoga Nagila dance with your friends  
*To the right*  
Yoga Nagila, Yoga Nagila, Yoga Nagila fun never ends

Raise your arms towards the sky  
Reach them up really high  
Bend down rag doll pose  
Breathing through your nose

Raise your arms towards the sky  
Reach them up really high  
Bend down rag doll pose  
Breathing through your nose

Bend your knees chair pose please  
Yubaba lalalalala yubaba lalalalala  
Yubaba lalalalala yubaba lalalalala  
Stand up tall, please don't fall isn't' this a ball

*To the left!*  
Yoga Nagila, Yoga Nagila, Yoga Nagila dance with your friends  
*To the right!*  
Yoga Nagila, Yoga Nagila, Yoga Nagila fun never ends

Raise your arms towards the sky  
Reach them up really high  
Bend down rag doll pose  
Breathing through your nose

Raise your arms towards the sky  
Reach them up really high  
Bend down rag doll pose  
Breathing through your nose

Bend your knees chair pose please  
Yubaba lalalalala yubaba lalalalala  
Yubaba lalalalala yubaba lalalalala  
Stand up tall, please don't fall isn't' this a ball

*Let's dance!*  
*L'chaim! To life!*

*Oh you look so good you shayna punim!  
Show me your chutzpah!*

*Faster and to the left!*

Yoga Nagila, Yoga Nagila, Yoga Nagila dance with your friends  
*To the right!*  
Yoga Nagila, Yoga Nagila, Yoga Nagila fun never ends

Raise your arms towards the sky  
Reach them up really high  
Bend down rag doll pose  
Breathing through your nose

Raise your arms towards the sky  
Reach them up really high  
Bend down rag doll pose  
Breathing through your nose

Bend your knees chair pose please  
Yubaba lalalalala yubaba lalalalala  
Yubaba lalalalala yubaba lalalalala  
Stand up tall, please don't fall isn't this a ball