

## Time For Yoga

- 1) In Yoga exercise  
There's many a surprise  
With no hesitation  
They do some meditation
  
- 2) Everyone has to beware  
Of stretching here and there  
Loosening many a bone  
While not on their own
  
- 3) Quite a lot of therapy is done  
As having a bit of fun  
Moving about with no delay  
Whilst listening to some music play
  
- 4) Having done all that's required  
You usually feel pretty tired  
And having done your best  
Now need a rest
  
- 5) With everyone having a smile on their face  
Yoga is done at a regular base  
And they keep very fit  
Through doing it