

I AM YOGA Song

based on the book by Susan Verde, illustrated by Peter H. Reynolds

Written by Emily Arrow and April Bender

Swing $\text{♪} = \text{♪} \text{ } \overset{\sim}{3}$

B

Do you e - ver feel small in a world so big? 'Cause

3 E

I feel small in a world so big. Won - der - ing, won - der - ing

6 F# B F#7 B

how do I fit in? I tell my

9 E B E B E B F#7

wi - ggl - ing bo - dy, my think - ing mind, my ra - cing breath that I'll be fine.

12 B E

'Cause I am yo - ga. Still and calm.

17 B E F#

I am yo - ga. Stan - ding tall.

21 B E B E

I am yo - ga. Breathe out, breathe in.

25 B F# B

When the world spins, spins my heart o - pens a - gain.

Transcribed by Karina Keating

Storytime Singalong, Volume 1 ©2016 Emily Arrow, produced by Nick Goldston

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29 B



I can touch the sky, light up the night. Up a-mong the clouds I can

33 E F# F#7 B F#7 B



shi-mmer, shine. Go with the flow of the love I hold in - side. I tell my

38 E B E B E B F#



wi-ggl-ing bo-dy, my think-ing mind, my ra-cing breath that I'll be fine. 'Cause

42 B E



I am yo - ga. Still and calm.

46 B E F#



I am yo - ga. Stan - ding tall.

50 B E B E



I am yo - ga. Breathe out, breathe in.

54 B F# B



When the world spins, spins my heart o - pens a - gain.

58 F# B F# G#m



I can stand up for me. I can stand up for you.

63 F# B



I can stand up for peace. You can stand up too.

