



Little Llama Musical Practice



Begin on hands and knees. Inhale, round your back and "meow" like a cat. Inhale, arch your back while "moo-ing" like a cow.



Curl toes and lift tushy to the sky. Walk feet to say hello to the hands.



Stand tall with your arms beside you. Can you count to 10 without moving?



Step your feet wide and reach your arms out wide. While singing "Twinkle, Twinkle," rock back and forth balancing on one foot.



Keep feet wide and hands to hips. Sing "I'm a Little Teapot" adding your handle and spout then touching your spout to your leg (triangle pose variation). Do both sides.



Step feet together, and stand tall again. Breathe slowing. Can you count backwards from 10?



Step back into Down Dog. Lower knees to the ground.



Bring the soles of the feet together and sing "Fly Like a Butterfly."



Lie down and bend knees. Lift your tushy. Sway your bridge while singing "London Bridge is Falling Down."



Lie all the way down on your back and close your eyes. Breathe in and press your belly to the sky. Exhale and draw it in. Relax.



Come up to criss-cross applesauce seating. Bring hands to heart and sing the "Namaste" song.

*Lyrics:
Fly like a butterfly.
Fly like a butterfly.
Fly like a butterfly
Through the sky.
(flap legs like wings)*

*Sleep like a butterfly.
Sleep like a butterfly.
Sleep like a butterfly
Through the night.
(bow forward over legs)*

*Stretch like a butterfly.
Stretch like a butterfly.
Stretch like a butterfly
Way up high.
(reach arms over head)*

*Namaste is what we say
What we say, what we say
Namaste is what we say
To show our love today.
(to the tune of "London Bridge")*