

YOGA

By David Mills

I told her I was tired and feeling low
With tons of aches and pains
It feels like hell gettin' old-a, so O-L-D old-a.

She had the answer and she asked me to share
I asked her what and in an Italian voice
She said yoga, Y-O-G-A, yoga, y-y-yoga.

Well, I'm not the world's most agile guy
So when I gave it a try it nearly broke my spine
Oh that yoga, y-y-yoga.

Well, I'm not dumb but I just don't know how
You can walk like an elephant and stretch like a cow
But that's yoga.

Well, we closed our eyes and chanted all night
Under bright gymnasium light
She looked me over and she said to me
"Isn't this fun now, don't you agree?"

Well, I'm not the world's most masculine guy
And when I looked in her eyes I almost passed out
From that yoga, Y-Y-Yoga

I stretched and heaved, I panted and wheezed
I fell to the floor and strained both my knees
Then I looked at her and she at me

That's not the way that I wanted to play
I always thought I'd go some happier way than by yoga, y-y-yoga

Exercise is fine if you've got time to lose
But it's all mixed up, muddled up twisted moves
That make yoga, y-y-yoga

I started yoga just a week ago
And I thought I'd start off nice and slow
But I had to keep up with the rest of the class
So I stretched over backwards and fell on my ass

Well, I'm not the world's most physical man
But I know what I am and I certainly can't
Do that yoga, y-y-yoga
Yoga, y-y-yoga.

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