

## **Superhero Yoga Flow**

**By Laurie Berkner Band**

**(shimmy until the words start)**

When you're in trouble **(hands to Heart Center, step to the left Star Pose, step to the right Star Pose)**

I'm there on the double **(Mountain Pose hands to Heart Center)**

To help you with whatever you need **(Star Pose)**

Up up up and away **(Low Lunge with hands at Heart Center)- Right Side**

I can save the day **(High Lunge with arm extended high)- Right Side**

And do any super deed **(Mountain Pose with hands at Heart Center)**

Cause I have superpowers **(Tree- hands at Heart Center)- Right Side**

Super strength **(Tree- grow your "branches" and extend your arms)- Right Side**

And super speed! **(Warrior III)- Right Side**

And I could be a superhero **(Warrior I)- Right Side**

I could be a superhero **(Warrior II)- Right Side**

And I hold my fist up high when I start to fly **(Side angle to Reverse Warrior- arm extends holding a fist up high)**

I could be a superhero **(Warrior I)- Left Side**

I could be a superhero **(Warrior II)- Left Side**

And I'm not afraid to stand up for what's right **(Reverse Warrior)**

Any day or night **(Side Angle)**

Look look look **(Tree- hands at Heart Center)- Left Side**

In my comic book **(Tree- grow your "branches" extend your arms)-Left Side**

And this is who you'll see **(Warrior III)- Left Side**

Batman **(Mountain Pose)**

Wonder Woman **(Goddess Pose)**

Supergirl (**Extended Mountain Pose**)

Spiderman (**Garland Pose**)

Captain Marvel and me! (**Star Pose- with hand on you hips "for Captin Marvel",  
then move hands to extend to regular star pose for "me"**)

Cause I am strong (**High Lunge- stay in pose for next two lines**)- Left Side

And I belong (**see above**)

To a Hero Family (**see above**)

And I could be a superhero (**Warrior I**)- Right Side

I could be a superhero (**Warrior II**)- Right Side

And I hold my fist up high when I start to fly (**Side Angle to Reverse Warrior**)

I could be a superhero (**Warrior I**)- Left Side

I could be a superhero (**Warrior II**)- Left Side

And I'm not afraid to stand up for what's right (**Side Angle**)

Any day or night (**Reverse Warrior**)

I can swoop and swirl and sweep through the sky (**Chair Pose**)

I can be a good friend (**Chair Pose- twist and open arms to the right**)

I can capture the spies (**Chair Pose- twist and open arms to the left**)

I can defend your city (**Mountain- hands at Heart Center**)

Rescue a kitty (**Tree- hands at Heart Center and then extend your arms**)- Right Side

When a friend needs help (**Warrior III**)- Right Side

I never leave them behind (**Mountain- -hands at Heart Center**)

I've got super sight (**Tree- hands at Heart Center**)- Left Side

I've got super stretch (**Tree- hands at and then extend your arms**)- Left Side

And when the chase is on (**Warrior III**)- Left Side

There's no one I can't catch (**Mountain- hands at Heart Center**)

You don't have to ask (**Star Pose**)- step to the Right Side

Cause I like to be kind (Mountain- **Hands to Heart Center**)

And it doesn't matter who you are (**Star Pose**)- Step to Left Side

Everybody shines (**Mountain Pose**)

When we are superheroes (**Warrior I**)- Right Side

Yes we are superheroes **(Warrior II)- Right Side**

And we hold our fists up high when we start to fly **(Side angle to Reverse Warrior with "fist up high", Then back to Mountain Pose)**

No we're superheroes **(Warrior I)- Left Side**

We can be superheroes **(Warrior II)- Left Side**

And we're not afraid to stand up for what's right **(Reverse Warrior to Extended Angle)**

Any day... **(Low Lunge hands at heart center)- Left Side**

Or any night! **(Low lunge and Extend hands high)- Left Side**

[Berkner, L. \(Performer\). \(2006\). Superhero \[Song\]. On Victor Vito. Two Tomatoes Records.](#)