

## Parvati

# "Yoga In The Nightclub"

Visit "[Yoga In The Nightclub](#)" on MotoLyrics.com

Taking the time that you feel you need to allow your  
body to settle  
Sensing the points of contact that your body has with  
the ground

“Where does my body touch the floor and where does  
it not quite yet  
release?”

Breathing in, “I am drawing my awareness into my  
body on the inhale  
And on the exhale, letting go”

Breathing in, belly rises, and exhale belly back  
Allowing your whole body to begin to release into the  
ground

Breathe to be  
Breathe

And gently drawing your awareness to the crown of  
your head,

Allowing the scalp to broaden, eyes rest back with an  
inward gaze.  
The cheeks, jaw release.

Follow your awareness down the spine,  
Listening for the impulse to move that arises from  
within the body.  
Developing greater spaciousness and ease into the  
body.  
Each exhale, letting go.

Breathe to be  
Breathe. Be

Letting go...  
Breathe  
Letting go  
Breathe  
Be

Breathe  
Letting go  
Breathe  
Into the ground

Visit [Parvati](#) page on MotoLyrics.com, to get more lyrics and videos.

---

[MotoLyrics.com](#) | Lyrics, music videos, artist biographies, releases and more.