

Starfish Yoga "Starfish Yoga"

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Change starts with an incremental
Switch on a light
A mile from here you won't recognize
The change of shape
Around you how you want it to be
To live life abroad
Limitation-less from now on. (oh)

It's easiest to say, "I'll try it out some other day"
How even time comes with age,
You'll do it anyway~!~!

Change
Your mind first
To a new perspective, a new approach
Then the rest will
Change
Your mind first
For the better
Then the rest will

Think of costly, chosen reasons you've not
Traveled a different path
Because your mind missed where it started at
A bridge between your heart and head
Will show you what's right
If you can't decide
To treat yourself to a new life. (oh)

I know it should feel strange
To live, adapt, seems insane
But a starfish yogi can't complain
His flexibility sustains~!~!

Change
Your mind first
To a new perspective, a new approach
Then the rest will
Change
Your mind first
For the better
Then the rest will

Change your mind first

Uncertain pushes grow
Where trepidation slows
One who uses starfish yoga knows
One who uses starfish yoga knows to
Change
Your mind first
To a new perspective, a new approach
Then the rest will
Change
Your mind first
For the better
For the worse

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