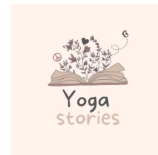


# The Little Old Lady who Swallowed a Fly - A Classic Tale with a yogic Twist!

Yoga Stories Episode 4



episode 4



BIG QUESTIONS FOR LITTLE HUMANS  
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[Watch the video on Youtube](#)

I know an old lady She swallowed a **fly** I don't know why She swallowed the fly, I guess she'll cry

I know an old lady Who swallowed a **spider**. It wiggled and jiggled And tickled inside her  
She swallowed a spider To catch the fly I don't know why She swallowed the fly, I guess she'll cry.

I know an old lady Who swallowed a **bird**. How absurd to swallow a bird? She  
swallowed the bird To catch the spider Who wiggled and jiggled And tickled inside her  
She swallowed the spider To catch the fly But I don't know why She swallowed a fly, I  
guess she'll cry

I know an old lady Who swallowed a **cat** imagine that she swallowed a cat She  
swallowed the cat To catch the bird She swallowed the bird To catch the spider Who  
wiggled and jiggled And tickled inside her And she swallowed the spider To catch the fly  
But I don't know why She swallowed the fly, I guess she'll cry

I know an old lady who swallowed a **dog** Ooh, what a hog she swallowed the dog She  
swallowed the dog To catch the the cat She swallowed the cat To catch the bird And she  
swallowed the bird To catch the spider Who wiggled and jiggled And tickled inside her  
And she swallowed the spider To catch the fly But I don't know why She swallowed the  
fly, I guess she'll cry

I know an old lady Who swallowed a **horse... *she cried of course!***

Yoga poses to practice:

Fly

Spider

Bird

Cat

Dog

Horse