

Y O G A Karo Yoga Lyrics - Haadsaa (1983) :

Singer - [Amit Kumar](#)

Lyricist -

Music -

Music Label -

Aurat ki khubsurati ke liye height chaahiye 5 feet 4
Aur figure 36 24 36, nothing less nothing more
Lekin yeh kaise hoga y o g a, yoga
Y o g a karo yoga yoga
Rom rom mein om basaakar shuru karo tum yoga
Jaise chaaho badan tumhaara hoga
Y o g a karo yoga yoga yoga yoga yoga
Raaj yoga karm yoga mantra yoga tantra yoga karo yoga
Jaise chaaho badan tumhaara hoga
Y o g a karo yoga yoga yoga yoga yoga
Hey pet ke bal letake badan sidha tekake
Ediya jodo dharati pe hatheliya rakhake
Dhhere saans andar khincho, dheere baahar chhodo
Saanson ki safaayi hogi, sine ki golaai hogi, kad ki lambaai hogi
Ang ang bas mein hoga yoga
Y o g a karo yoga yoga yoga yoga yoga
Hey man kom bhavchu, pranaam
Main maharushiyon ka chela
Kisi ki khaatir dekhane aaya hoon aapaka yeh mela
Kaun mahaaraaj yes yogi tats right, welcom thank you swaagatam
Shirshaasan aur aise bilkul galat, toh phir kaise, abhi bataata hu
Hey sar ko jameen pe rakho, aur apani dono taangeupar uthaao
Duniya se dur hoke, dhyaan mein magan hoke gyaan badhaao
Tan mein lachak aaye mann ki kasak jaaye, chehare pe chamak aayegi
Najaron mein naya noor hoga, yoga
Y o g a karo yoga yoga yoga yoga yoga
Petrol ki taakat se motor gaadi chalti hai
Atom ke phutane se parmaanuu shakti hai
Yoga ki saadhan toh aisi sachchi bhakti hai
Jisaki aaraadhana se dil mein batti jalati hai
Degi signal aatma banoge mahaatma, darshan de parmaatma
Jivan safal kar yoga yoga
Y o g a karo yoga yoga yoga yoga yoga
Rom rom mein om basaakar shuru karo tum yoga
Jaise chaaho badan tumhaara hoga
Y o g a karo yoga yoga yoga yoga yoga