

Nom tana naa. Nom tana naaa  
Nom tana naa nom tana naaa  
Nom tana naa naa. Nom tanana  
Nom tana naa naa. Nom tanana  
Nom tana naaaaaaaaaaaaaaaaaa

Adhyatm ki buniyad hai ,  
Shukh - shanti ki pehchan hai  
Sangharsh ki kahaniyon me ,  
Yog bhi mahan hai  
Yog bhi vardaana hai ,  
Bujhate diye ki jaan hai  
Sadiyon se mili hai jo ,  
Ye humari pahchaan he

Man ye kahne laga hai ,  
Aaj yoga kar  
Neend ko chadar uda ke ,  
Aaj yoga kar

Yoga karege ham log ooo oao  
Yoga karege ham log  
Yoga karege ham log ooo oao  
Yoga karege ham log

Swasth sharir ho jivan me gar to ,  
Sare lakshayo ko paa lega  
Nirmal ho tan pavan ho man ,  
Man ke vo manke paa le ga  
Parmaatma ki aatma ko ,  
Aatma se mila lega

Nomdtana na naaa nomdpran  
A naaa  
Nomdtana na naaa nomdtanaa naaa  
Aaa aa aaaaaaaaa aa

Ek din aaayega savera yog lekar ,  
Saath bhi yoga ye jahan aur lega ek pran  
Ek din aaayega savera yog lekar ,  
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Saath bhi yoga ye jahan aur lega ek  
Pran

Nomtanaa nomtaanaa.

Yoga karege ham log oo.aoo

Yoga karege ham log ooo

O yoga karege him log

Yoga karege hm log

Yoga karege hm log

Yoga karege hm log.

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