YOGI

I ... am Yogi
From Cooch-Behar
I sing song in nasal voice
Accompanied by nasal catarrh

Nya Nya Nya wherever I go
Like a bleating lamb
People think I'm Vaughn Monroe
And sometimes I am!

Let me introduce myself. I am -- number one television star in India. India birthplace of television. We have original cast of Untouchables!

All Yogis wait for my show on pins and needles.
Name of show - Rawhide!

~~Del my show most popular~~ - - -
Every morning as the sun rises
I give Yogi exercises
On the TV
In my B.V. ... dese
And dose, dat follow my recommendations
Swallow my sponsor's creations
Made especially for men and wives
Who plan to lead at least seven lives
The only product of its ilk
Re-InCarnation Milk!
Made from diet butta
In No-Cal-Cutta!

What do Yogis recommend for pain of neuralgia, neuritis, colds misery, and nagging backache? Nothing! Pain is good for you. Pain is just nature's way of saying, ooooooooh!

So, everybody -
Assume Lotus position
First principle of Lotus position: Do not cross your legs
Before you come to them.

Which brings me to the most difficult exercise of all - breathing.

Are you breathing more and enjoying it less?

Anything that's habit
Bad for you, they say
Breathing is a habit
Stop it right away!

When you stop breathing, you will see how easy it is

To give up smoking!

This develop great strength of will. I never forget - First Lady, Mrs. Kennedy, come to India pay us a visit. We put on big show for her. I left huge heavy steel bar. Never mind strength -- it take great courage to raise steel in front of a Kennedy!

This makes me contemplate!

If you have a navel
Sit and contemplate it
I contemplate it
I hate it!

One day I'm contemplating navel
Happy as can be
All at once I find my navel
Contemplating me!

I ... am tired
Of being Yogi
Control - control - I'm finished with control.
I laugh, I play, I sing all day
Happy as a clam
People think I'm Danny Kaye
And sometimes I am!

Yogi - insert

Have friend, also big television star
He is fifty-four years old
Also has nasal catarrh
Throw rope in air -- disappear --
Name of show - Catarrh 54, Where Are You?

YOGI

I am Yogi
From Cooch-Behar
I sing song in nasal voice
Accompanied by nasal catarrh

Nya nya nya wherever I go
Like a bleating lamb
People think I'm Perry Como
(Yawn) And sometimes I am!
(Falls asleep - wakes abruptly)

Oh! I am big television star in India. India birthplace of television. We have original cast of Untouchables!

Many kinds of television shows in India. Have friend big star. He swallow sword. Friend six foot - sword seven foot. Name of show - Open Friend!

Have other friend - 54 year old. Also have nasal catarrh. Throw rope up in air, disappear. Name of show - Catarrh 54, Where Are You?

I am star of Television show in India.

But my show most popular. Yogis wait for it on pins and needles. Name of show - Rawhide! India birthplace of TV. We have original cast of Untouchables

Every morning as the sun rises
I give Yogi exercises
On the TV
In my B.V. ...dese
And dose, dat follow my recommendation
Swallow my sponsor's creation

Made especially for men and wives

Who plan to lead at least seven lives

The only product of its ilk

Re-inCarnation Milk!

Made from diet butta

In No Cal-Cutta!

First Yogi exercise:

Stretch out over burning coal

Twist neck like giraffe

Stick needle into big toe

Now all together - LAUGH!

All right, jump out of bed and into a headstand. If at first etc you cannot stand on your head, get somebody else to stand on your head. ~~you [illegible]~~

At first like renting automobile

Yoga disconcerts you

With automobile - Hertz U Drive

With Yoga - Hurts U

What do Yogis recommend for pain of neuralgia, neuritis, colds misery, and nagging backache? Nothing!

Pain is good for you! Pain is just Nature's way of saying - ooow!

~~something hurts!~~ Every if it kills you -

And remember - dying is ~~only~~ just Nature's way of telling you to slow down!

Which brings me to sleeping.

When Yogi register for room at night

A problem this entails

Everything must be just right

Room with board

Board with nails!

Look sharp! (Bell) Feel sharp! (Bell) Sleep sharp! (Bell)
Sink down into the sharpest mattress ever honed!
You won't turn or toss all night - you don't dare!
Pretty soon you find you can go for weeks without sleeping.
Good! When you cut out sleeping, you don't need breakfast.
Which brings me to lunch.
Yogi diet simple
There are no ifs or buts
You've got to have raisins
Positively figs
And absolutely nuts!
If you have bulging waistline
Yoga make you cheer
Diet like Democrat party
Give you new frontier!
Which brings me to touch football! ~~Who needs it?~~ Much easier to touch football when you have new frontier?
Which brings me to most difficult ~~Yogi~~ fall exercise - breathing!
Are you breathing more and enjoying it less?
Anything that's habit
Bad for you they say
Breathing is a habit
Stop it right away!
When you stop breathing, you will see how easy it is to
give up smoking!
OKAY ... you're not sleeping, not eating, not breathing.
Don't you feel better already?

Lotus position here.

Which brings me to I demonstrate

We will all now sit in Lotus position. Very simple.

First you put your left foot ---no ...first you put your right foot -- ~~no~~ well ....

First principle of Lotus position - do not cross your legs before you come to them.

This develop great strength of will. I never forget ...

First Lady, Mrs. Kennedy, come to India pay us a visit.

We put on big show for her. I lift huge heavy steel bar.

Never mind strength -- it take great courage to raise steel in front of a Kennedy!

For this I punish myself. I stand absolutely immobile - rigid.

This make me very useful.

One year I am floor lamp in home of Salvador Dali.

Next year at Cape Canaveral, I am gantry. ~~They call me~~ Name of gantry - Elmer.

Easiest job of all - (folds arms) - one year I am Ed Sullivan.

Which brings me to final Yogi principle -- Contemplation!

If you have a navel

Sit and contemplate it

I contemplate it

I hate it!

One day I'm contemplating navel

Happy as can be
All at once
~~Suddenly~~ I find my navel

Contemplating me!

Courage come from will. power
Will power come from brain,
Brain is like switchboard.
To find out what's going on, you're thinking
dial Brain (dials)
No answer
~~I will~~ oh, there it is. Hello brain
what's new?
Same to you, fella!

I ....am tired

Of being Yogi

I tell you why

I'm tired of being watched by

My own private eye ....