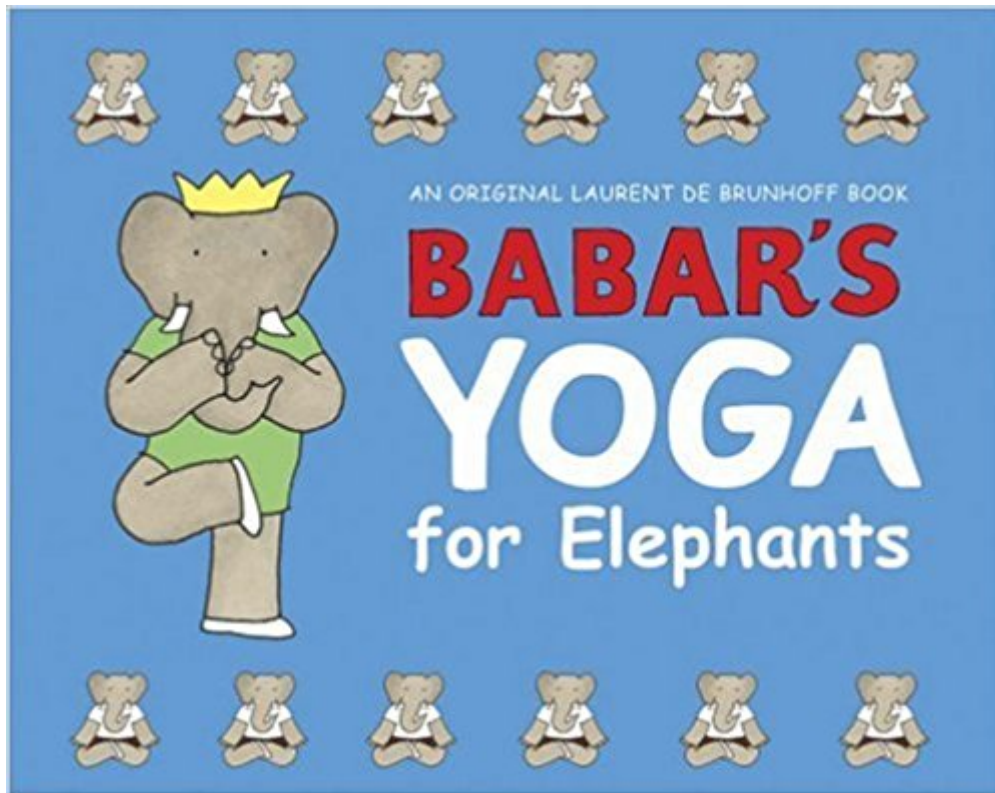




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# Babar's Yoga For Elephants



## Synopsis

Well before yoga became fashionable via Sting and Madonna, the beloved elephant king Babar and all the residents of Celesteville were finding peace and tranquillity through yoga. And now elephants everywhere can join them! Through easy-to-follow instructions and step-by-step illustrations, Babar's Yoga for Elephants presents 15 positions and stretches as well as helpful breathing exercises. The book also provides useful advice on what to do with your trunk while in position, a dilemma that human yoga books often ignore. Written by Babar himself, the book explains how yoga was introduced to Celesteville and how he and Queen Celeste keep fit doing yoga on their many travels. Babar's Yoga for Elephants is sure to become a classic for elephants as well as their human friends.

## Book Information

Age Range: 4 - 7 years

Hardcover: 48 pages

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Product Dimensions: 8.5 x 0.5 x 6.6 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 58 customer reviews

Best Sellers Rank: #87,431 in Books (See Top 100 in Books) #17 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #20 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #247 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

Babar narrates this lighthearted guide to yoga for pachyderms (and people). He begins by explaining that archeologists working in a cave near Celesteville recently discovered ancient drawings revealing that woolly mammoths not only practiced yoga they invented it. Since then, yoga has become "tremendously popular" in Babar's hometown; it "helps us all to relax and draw strength from our inner elephant." In straightforward prose, this thoroughly relaxed elephant outlines yoga movements, stretches and exercises to improve balance and to strengthen the back and stomach. (Yoga lovers will recognize his opening Salutation to the Sun, and all that follow, as the real

McCoy.) Though these instructions include playful touches (at one point Babar notes, "I find wrapping my trunk around my feet helps to stretch"), aspiring yoga practitioners can easily follow de Brunhoff's directives and imitate the movements in his signature watercolor renderings of the earnest narrator. A comical concluding sequence of pages shows Babar and pals putting their yoga positions to the test as they stretch in the airport during a delay, relax on the median at Times Square or imitate landmarks (e.g., a Head Stand in the Place de la Concorde next to the obelisk; a Standing Head to Knee in Venice's Piazza San Marco). This diverting volume conveys de Brunhoff's passion for his subject both the star and his practice. All ages. Copyright 2002 Cahnners Business Information, Inc. --This text refers to an alternate Hardcover edition.

Grade 2-4-Babar confides that even elephants experience stress in their day-to-day living, and a little yoga, it seems, goes a long way in providing comfort and relaxation. In fact, the book starts out by revealing that little clay cylinders found in a cave near Celesteville prove that elephants invented yoga. This find was authenticated at the National Library, where elephants, together with human yoga experts, "discovered that all of the poses depicted on the seals are still practiced today." Spreads feature instructional text on one side, with Babar illustrating the poses on the other. After introducing yoga to Celesteville, Babar and Celeste go on a worldwide jaunt where they practice their favorite yoga positions in front of famous landmarks. The Proud Warrior is demonstrated in front of the Eiffel Tower, the Bridge is practiced in front of the Half Dome in Yosemite, and, because "the traffic in Times Square is terrible," the Lotus position returns Babar's and Celeste's minds to Celesteville. While the art style is reminiscent of the original books, the colors are far more subdued. A note at the end reminds children that "this book is intended for elephants interested in yoga," and that "humans and other animals should consult books written specifically with them in mind." The book includes a large, removable poster. Babar's Yoga would be useful for larger collections needing information on the subject. Lisa Gangemi Kropp, Middle Country Public Library, Centereach, NY Copyright 2003 Reed Business Information, Inc. --This text refers to an alternate Hardcover edition.

So CUTE!!!! This is a gift for my 3 yr old niece ...it will help get the wiggles out & it's just fun to read & I'm 47!

Cover was torn when received.

I've started doing yoga again and my 6 year old twins and 3 year old son have taken an interest in doing yoga with me. I wanted to get them something that they could use as a visual to try some stuff on their own. I grew up with Babar. I brought home Babar books every week from school and couldn't read them fast enough. I was so excited to see that there was a Babar yoga book. My boys love it too. This book shows how to do different poses, step by step, in fun, child friendly illustrations.

This is soooo cute. While a few of the poses are too difficult for me, I've seen children in my preschool class perform them with a card set. The instructions are some of the best I've read and easily understandable. Any fan of Barbar will love this. Preschoolers will be as enchanted with it, as I am at 51.

This book is absolutely lovely. However, as mentioned in other reviews it DOES NOT come with a removable poster (my reason for the 4 stars). I don't really care, but since this is the case, that should be taken out of the description. Otherwise, this book is simply charming and nostalgic.

Beautiful book with practical yoga instruction in a colorful, kid friendly way. My wife runs a yoga studio and we purchased this as a gift for some younger relatives. Not sure who loves it more, is or them...

Full pages. My daughter loves it.

I love Babar and ordered this book for my 4 year old great-granddaughter. The book is really fun, but I keeping it a couple of years until my granddaughter is a little older. Unless a child is really familiar with Babar they won't enjoy the book at a really young age.

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