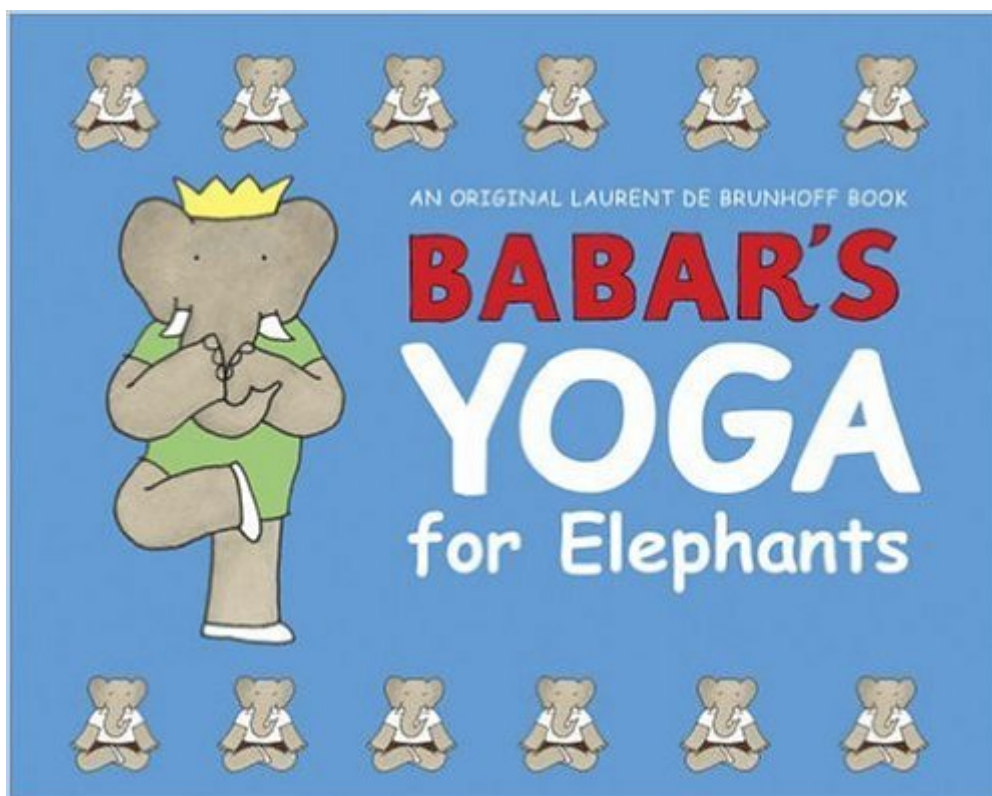


The book was found

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

Publisher: Harry N. Abrams; First Printing edition (September 1, 2006)

Language: English

ISBN-10: 0810930765

ISBN-13: 978-0810930766

Product Dimensions: 8.8 x 0.4 x 7 inches

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

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (53 customer reviews)

Best Sellers Rank: #167,844 in Books (See Top 100 in Books) #30 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #45 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #532 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

As Babar earnestly tells us on page one, archaeologists recently discovered drawings on cave walls of elephants in yoga positions. After much research and study, these scientists came to the conclusion that "not only were elephants capable of performing yoga, it seemed they had invented it." Unfortunately, over many millions of years, this ancient art was forgotten. But now, yoga has once again become popular among elephants, especially in Babar's home of Celesteville. "The life of a modern-day elephant is stressful and complicated. Yoga turned out to be exactly what we in Celesteville needed, offering calm and control in days that were busy and demanding..." Join our

friendly and endearing pachyderm as he explains in detailed, easy to follow, step by step instructions and pictures, fifteen yoga exercises. And then join Babar and Celeste on their many travels and adventures as they demonstrate just how they use them. Often they try and match their yoga positions to the things around them. "I think it is a nice way to meditate. This allows us to connect to the world around us." At the Metropolitan Museum of Art Babar posed in the Arm Balance position and looked just like a skyscraper. Paris' Eiffel Tower inspired Proud Warrior, and Venice's Piazza San Marco was the perfect setting for Standing Head to Knee. And at the Golden Gate Bridge, he and Celeste enjoyed doing the Cobra together..... Laurent De Brunhoff's engaging and humorous text begs to be read aloud and shared and is complemented by his playful and entertaining, signature illustrations.

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