



Babar's Yoga for Elephants

By Laurent de Brunhoff

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Babar's Yoga for Elephants By Laurent de Brunhoff

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.

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Babar's Yoga for Elephants By Laurent de Brunhoff Bibliography

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Editorial Review

From Publishers Weekly

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.

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From School Library Journal

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

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From [Booklist](#)

Gr. 2-4. Although this new Babar book is nonfiction, it has more in common with the 1930s stories about the elephant than with some of the more recent additions to Babar's legacy. Archaeologists in Celesteville have determined that elephants invented yoga, and the discovery begins a yoga craze. Most of the book consists of Babar's step-by-step descriptions and demonstrations of yoga poses. A brief note in tiny print placed at the back of the book explains that the exercises are "intended for elephants" and that humans should consult other books and see a doctor before beginning practice. Unfortunately, the message is destined to go unnoticed by children, who will probably want to dive right in and try the positions, some of which (like a headstand) are inappropriate for unsupervised kids. A clearer more prominently placed note should have been included. That said, recommend this with reservations: it's a fun introduction to a subject not often

treated in picture books, but it's best used when an adult is nearby. A pull-out poster is included. *Marta Segal*
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Users Review

From reader reviews:

Myra Lopez:

This Babar's Yoga for Elephants book is just not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this guide incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. That Babar's Yoga for Elephants without we realize teach the one who looking at it become critical in considering and analyzing. Don't be worry Babar's Yoga for Elephants can bring when you are and not make your handbag space or bookshelves' come to be full because you can have it in your lovely laptop even phone. This Babar's Yoga for Elephants having excellent arrangement in word in addition to layout, so you will not feel uninterested in reading.

Louise Richards:

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