



Babar's Yoga for Elephants

By Laurent de Brunhoff



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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:

Benjamin Aldridge:

As people who live in often the modest era should be revise about what going on or facts even knowledge to make these people keep up with the era that is certainly always change and move ahead. Some of you maybe will probably update themselves by reading books. It is a good choice for you personally but the problems coming to anyone is you don't know what type you should start with. This Babar's Yoga for Elephants is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

Ben Papenfuss:

Your reading sixth sense will not betray you, why because this Babar's Yoga for Elephants publication written by well-known writer we are excited for well how to make book that may be understand by anyone who also read the book. Written within good manner for you, still dripping wet every ideas and writing skill only for eliminate your hunger then you still hesitation Babar's Yoga for Elephants as good book not simply by the cover but also through the content. This is one guide that can break don't determine book by its deal with, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your looking at sixth sense already alerted you so why you have to listening to an additional sixth sense.

Stephen Wilson:

The book untitled Babar's Yoga for Elephants contain a lot of information on it. The writer explains your ex idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author will bring you in the new age of literary works. You can easily read this book because you can read more your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice examine.

Marvin Ober:

On this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple approach to have that. What you are related is just spending your time almost no but quite enough to experience a look at some books. One of the books in the top list in your reading list is Babar's Yoga for Elephants. This book that is qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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