



# Babar's Yoga for Elephants

*Laurent de Brunhoff*

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## **Babar's Yoga for Elephants** Laurent de Brunhoff

Fans of Jean de Brunhoff's Babar the Elephant stories and yoga practitioners will find a happy confluence in Babar's Yoga for Elephants." —*Publishers Weekly*

"Babar makes it work. He stars in one of the nicest gift books." —*The New York Times*

Perfect for everyone who loves yoga or elephants - a NEW Babar book Well before yoga became fashionable via Sting and Madonna, our friend 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 Celeste keep fit doing yoga on their many travels. *Babar's Yoga for Elephants* is a classic for elephants as well as their human friends.

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