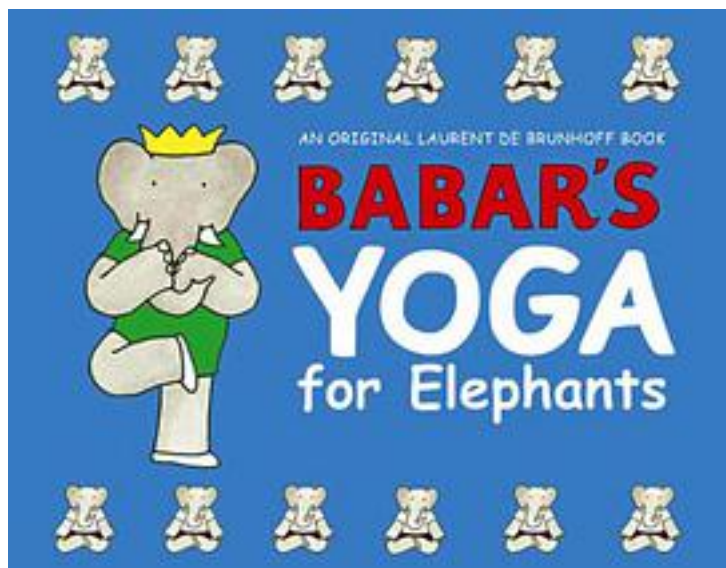


Babar's Yoga for Elephants



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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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