

***Supplies are available for students and clients of Springdale Yoga. If you are not a student and want to order Rama Birch (Now Swami Nirmalananda Saraswati) products go to the Amaya Yoga Products website at masteryoga.org or call 619-718-9642 ext 8 or e-mail amay@masteryoga.org. Other supplies are available at Claire Oaks music (claireoaks@comcast.net), Yoga Accessories and Ramatex International (blankets).

Supplies & Equipment for Your Home Practice

- Foam 4 inch yoga blocks, \$26/set
- Sit Bone Blocks \$15.00 each
- Yoga blankets—\$21.00 each
- Yoga Straps \$6.50 each
- Knee Pads, \$4.00 each
- Magic Four handout \$3.00 each
- Svaroopa® Yoga water bottle-red \$15.00 each
- *Svaroopa® Yoga: Primary Practice* with Rama Berch. VHS or DVD-\$33.00. Two programs of yoga poses offering profound benefits with minimal effort.
- *Yoga For Your Back* Svaroopa® Yoga with Rama Berch. VHS or DVD \$33. Two body-friendly yoga programs to help increase flexibility, reduce pain, and provide deep relaxation.
- *Yoga for Pregnancy VHS or DVD* \$33.00 Rama Berch leads you through breathing and poses that release deep spinal tensions and open the pelvis in a sequence custom-designed for pregnancy.
- *Shavasana* CD \$22.00. Will help you fine the experience of Shavasana—instructions for physical support, guided awareness and breathing.
- *Life's Breath* with Rama Berch CD \$22.00 Discover the power of your own breath under Rama's expert guidance. Whether she is coaching you in the classical practice of Ujjayi Pranayama, or she is drawing you into exploring your breath with Easy Breathing. There is a special track on how to finesse the use of your throat muscles for maximum benefits with minimum effort.

valid as of 10/02/10

Springdale Yoga, 8435 Hwy PD, Verona, WI 53593 608-437-4082
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- *CD's with Rama Berch CD. \$22.00 Embodied Infinity, Shavasana, Life's breath, Tambora*
- *CD's by Claire Oaks: Shakti's Sanctuary and Sutra Song \$22.00*
- *Svaroop® Yoga Asana Poster \$42.00. 91 Svaroop poses are included on this poster as a daily reminder. Measures 23" by 46".*

Book Yoga in Every Moment: Contemplations of a Yogi in the Midst of Life. \$23. Rama Berch, 2001.

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