
Supplies & Equipment for Your Home Practice

The following supplies are available to students and clients of Sprindale Yoga. If you are not a student or client of Springdale Yoga and you want to order Rama Berch (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 amaya@masteryoga.org. Other supplies like blocks, blankets, knee pads, and music by Claire Oaks can be found elsewhere, like Yoga Accessories (blocks), Ramatex International (blankets), and claireoaks@comcast.net.

- Foam Blocks-4 inches \$26/set
- Cork Blocks--\$30/set
- Yoga blankets—\$21.00
- Yoga Straps \$6.50
- Sitbone Blocks \$15.00
- Knee Pads \$4.00
- *Svaroopaa® 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* Svaroopaa® Yoga with Rama Berch. VHS or DVD \$31 Two body-friendly yoga programs to help increase flexibility, reduce pain, and provide deep relaxation.
- *Yoga for Pregnancy* VHS or DVD \$26.00 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 \$20.00 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.
- *Relaxation Suite* CD \$22. Guided awareness and breathing for yoga, meditation and relaxation. Clair Oaks
- *Tamboura* CD \$20.
- *Embodied Infinity* with Rama Berch CD. \$21.00 Introductory mantras, maha mrtyunjaya mantra, om gangayai namah (a) and low-slow shivo'ham.

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- Yoga Music CD's by Claire Oaks: *Shakti's Sanctuary* and *Sutra Song* \$22.00
 - Magic Four handout \$2.00 each
 - Svaroop® Yoga Poster \$38.00. 91 Svaroop poses are included on this poster as a daily reminder. Measures 23" by 46".

Yoga in Every Moment: Contemplations of a Yogi in the Midst of Life. \$23. Swami Nirmalananda Saraswati (*previously* Rama Berch), 2001.