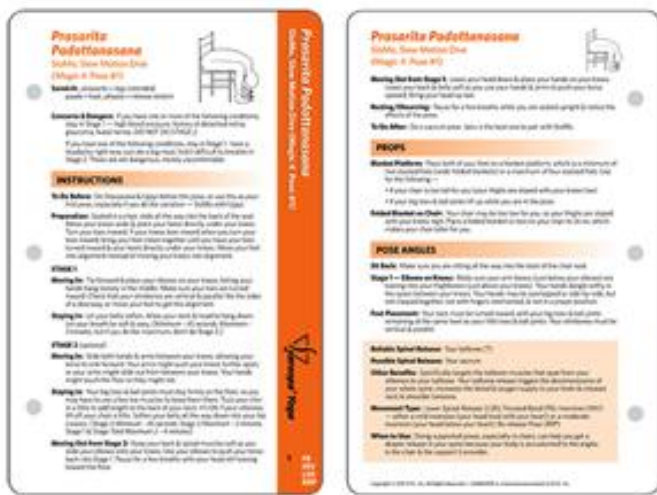

Supplies & Equipment for Your Home Practice

Updated 12/13/11

New Products for 2012!

Pose Instruction Cards: \$33.00 per set. Begin, rekindle, or deepen your Home Practice!

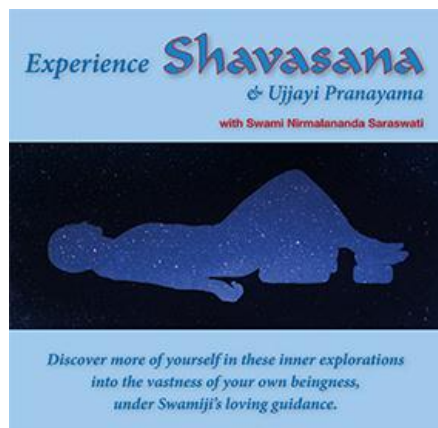


Provides detailed information on the basic poses of Svaroopa® Yoga. For your browsing there an open sample set on the supply shelves in the sign-in room, behind the desk.

Prepared by Swami Nirmalananda, the Founder and Master Teacher of Svaroopa® Yoga.

Shavasana and Ujjayi Pranayama CD. \$22.00 Begin, Rekindle or Deepen your Shavasana and UP Home Practice.

6 tracks that help you settle into Shavasana and enjoy the experience more fully. There are long and short versions of the classic Guided Awareness and Ujjayi Pranyama, the most important of yoga's practices for healing, transformation and profound inner openings. Discover more of yourself in these inner explorations into the vastness of your own beingness, under the loving guidance of my teacher, Swami Nirmalananda.



2 new CD's by Clair Oaks Patanjali—4 of Patanjali's Yoga Sutra's set to Claire's original music. Students and teachers already have commented on what wonderful music to use when practicing yoga—in class or at home. \$22.

Springdale Yoga, 8435 Hwy PD, Verona, WI 53593 608-437-4082
Margie Wilsman, PhD, CSYT, RYT, Owner, Yoga Teacher and Yoga Therapist
www.springdaleyoga.com Margie@springdaleyoga.com

Lila (Sanskrit for Divine Play!) \$17.00—Offers 6 tracks of more lively music. Great for the car or in your home.

Yoga Socks \$25.00. Handknit by Svaroop® Yoga student Linda Bullette from Mt. Horeb. Check out the toeless and heeless socks!



Meditation Timers \$23.00 This is my 4th timer and the longest lasting one yet!
So I am suggesting that it is worth the investment because it will last longer than the ones you have previously bought.

- Foam Blocks-4 inches \$26/set
- Yoga blankets—\$23.00
- Sitbone Blocks \$15.00
- *Yoga For Your Back* Svaroop® Yoga with Rama Berch. DVD \$31
- *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.
- 3” foam blocks--\$22/set
- Yoga Straps \$6.50
- Knee Pads \$4.00-\$10

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- *Life's Breath* with Rama Berch CD \$22.00
 - *Tamboura CD* \$22.
 - *Embodied Infinity* with Rama Berch CD. \$22.00
 - Yoga Music CD's by Claire Oaks: *Shakti's Sanctuary* and *Sutra Song* \$22.00
 - Magic Four handout \$3.00 each
 - Svaroopā® Yoga Poster \$38.00. 91 Svaroopā poses are included on this poster as a daily reminder. Measures 23" by 46".

Books:

Yoga: Inside & Outside: Carrying Inner Bliss Into Your Life. Swami Nirmalanda (formerly Rama Berch) 2011. \$32.00

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