

<b>Anahata Yoga Retreat Order Form</b>	<b>Price NZ \$</b>	<b>Quantity</b>	<b>Total NZ \$</b>
<b>BOOKS</b>			
ASANA PRANAYAMA MUDRA BANDHA (APMB)	\$45		
DYNAMICS OF YOGA	\$20		
INTRODUCTION TO YOGA,ASANA & PRANAYAMA	\$20		
MOOLA BHANDA – THE MASTER KEY	\$20		
PRANA & PRANAYAMA	\$35		
SURYA NAMASKARA	\$20		
YOGA AND KRIYA (A systematic Course in the Ancient Tantric Techniques of Yoga and Kriya)	\$170		
YOGA DAY BY DAY	\$37		
YOGA NIDRA	\$30		
MEDITATIONS FROM THE TANTRAS	\$35		
SURE WAYS TO SELF REALISATION	\$40		
DHARANA DARSHAN	\$40		
KUNDALINI TANTRA	\$45		
TATTWA SHUDDHI	\$25		
YOGA SADHANA PANORAMA Vol 1 & 2	\$40 each		
FOUR CHAPTERS ON FREEDOM	\$40		
HATHA YOGA PRADIPIKA (Light on Hatha Yoga)	\$45		
PRACTICAL YOGA PSYCHOLOGY	\$35		
SANSKRIT GLOSSARY OF YOGIC TERMS	\$30		
RIKHIAPEETH SATSANGS	\$25		
SRI VIJNANA BHAIRAVA TANTRA – THE ASCENT	\$45		
SRI SAUNDARYA LAHARI – THE DESCENT	\$45		
SWARA YOGA	\$30		
YOGA CHUDMANI UPANISHAD	\$35		
YOGA DARSHAN	\$45		
AJNA CHAKRA	\$25		
BHAKTI YOGA SAGAR (series of 7 volumes)	\$35 each		
YAJNA - A COMPREHENSIVE SURVEY	\$35		
KARMA SANNYASA (the noble path for the householder)	\$30		
SANNYASA DARSHAN	\$40		
LIGHT ON GURU DISCIPLE RELATIONSHIP	\$25		
SAMARPAN (Living the Divine Connection)	\$25		
SAMKHYA DARSHAN (Yogic Perspective on Theories of Realism)	\$22		
SIDDHA STOTRA MALA – GARLAND OF CHANTS	\$28		
TAMING THE KUNDALINI	\$22		
TEACHINGS OF SWAMI SATYANANDA (SERIES OF 6 VOLUMES)	Vol 1-3 \$22 each; Vol 4-6 \$25 each		

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<b>BOOKS</b>			
UPASANA (In the Presence of the Divine)	\$25		
ORIGIN OF YOGA & PASHUPATA YOGA	\$25		
KARMA and KARMA YOGA	\$25		
MANTRA and YANTRA	\$25		
MIND, MIND MANAGEMENT and RAGA YOGA	\$28		
THE PATHS OF PRAVRITTI and NIVRITTI	\$25		
DHARMA OF A DISCIPLE	\$25		
HEAD, HEART and HANDS	\$25		
SANNYASA (Cultivating Spiritual Awareness)	\$25		
NAWA YOGINI TANTRA	\$25		
PRE-NATAL YOGA BOOK	\$28		
YOGA EDUCATION FOR CHILDREN	\$35		
YOGA EDUCATION FOR CHILDREN VOLUME II	\$40		
YOGIC MANAGEMENT OF COMMON DISEASES	\$25		
YOGIC MANAGEMENT OF ASTHMA AND DIABETES	\$30		
YOGA AND CARDIOVASCULAR MANAGEMENT	\$25		
THE PRACTICES OF YOGA FOR THE DIGESTIVE SYSTEM	\$25		
THE EFFECTS OF YOGA ON HYPERTENSION	\$25		
YOGIC MANAGEMENT OF CANCER	\$30		
EXPLORING YOGA AND CANCER	\$30		
<b>BOOK &amp; CD PACKAGES</b>			
PRE-NATAL BOOK AND CD SET	\$55		
SURYA NAMASKARA BOOK AND CD SET	\$40		
YOGA NIDRA BOOK AND CD SET (choose any one of Swami Muktidharma's 'Tantric Meditations' CDs)	\$50		
INTRODUCTION TO YOGA ASANA & PRANAYAMA BOOK AND YOGA CLASS CD	\$40		
<b>ANAHATA CD'S</b>			
YOGA FOR WOMEN – AWAKEN THE INNER SHAKTI (Double CD) – Swami Karma Karuna	\$45		
YOGA SOLUTIONS FOR LIFE – ESSENTIAL DAILY & DEEPENING PRACTICES	\$30		
TANTRIC MEDITATIONS – SEEDS OF CREATION: AWAKENING WITH THE BIJA MANTRAS	\$30		
TANTRIC MEDITATIONS – STEPS TO FREEDOM	\$30		
TANTRIC MEDITATIONS – EVOLVING THROUGH THE CHAKRAS	\$30		
TANTRIC MEDITATION – DEPTHS OF THE MIND	\$30		
YOGA FOR KIDZ	\$30		
YOGA NIDRA and MEDITATION	\$30		

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<b>CD's</b>			
BEGINNERS SATYANANDA YOGA NIDRA & AJAPA JAPA	\$30		
INTERMEDIATE SATYANANDA YOGA NIDRA & BEGINNERS ANTAR MOUNA	\$30		
ADVANCED SATYANANDA YOGA NIDRA & ADVANCED ANTAR MOUNA	\$30		
YOGA NIDRA with Devamani	\$30		
YOGA NIDRA and KAYA STHAIRYAM	\$30		
PRANAM ASHRAM BHAJANS	\$30		
NADA YOGA - Swara Sadhana	\$30		
SURYA NAMASKARA MANTRAS AND YOGA NIDRA	\$30		
YOGA CLASS - Asana, Pranayama & Relaxation	\$30		
PRE-NATAL YOGA CD	\$40		
AKSHARA	\$30		
ANANDITA	\$30		
ANANDA LAHARI	\$30		
BHAJANS & KIRTANS	\$30		
MEDITACIONES TANTRICAS YOGA NIDRA Y ANTAR MOUNA (Spanish)	\$30		
BHAAVANA	\$30		
EARLY MORNING CHANTING	\$25		
LAXMI'S DREAM	\$30		
SHIVA'S DANCE	\$30		
BUBBLING	\$30		
SHE	\$30		
SARASWATI	\$30		
SONG of DESTINY	\$30		
SUNDARA	\$30		
TAPOWAN MANTRAS	\$30		
DEEP RELAXATION	\$30		
<b>NETI POTS</b>			
Neti Pots, Ceramic	\$35		
Neti Pots, Local Ceramic	\$40		
Neti Pots, Steel	\$18		
Plastic (Large)	\$13		
Plastic (Small)	\$10		
<b>TONGUE SCRAPERS</b>			
Tongue scrapers (stainless)	\$7		
Tongue scrapers (copper)	\$5		

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<b>OTHER ITEMS - We also stock a variety of malas, yoga mats &amp; cushions, shawls &amp; dhotis, incense &amp; holders, pendants, bracelets, necklaces and statues. Please e-mail or call us for further details. All items are priced on the relevant website pages.</b>			
<b>Total Cost (please add up the total cost of your order)</b>			<b>NZ\$</b>
<b>ADD Postage &amp; Handling (see details below)</b>			<b>NZ\$</b>
<b>ADD NZ \$0.65 if you are paying by cheque</b>			<b>NZ\$</b>
<b>GRAND TOTAL</b>			<b>NZ\$</b>

**REMEMBER TO COMPLETE YOUR DETAILS ON THE FINAL PAGE OF THIS FORM.**

**POSTAGE & HANDLING COSTS (New Zealand only)**

Yoga Mats                NZ \$15 first +NZ \$2 for every extra  
 Books                     NZ \$7 first +NZ \$1 for every extra  
 CD's/Tapes              NZ \$5 first +NZ \$1 for every extra  
 Neti Pots                NZ \$8 first +NZ \$1 for every extra  
 Malas                     NZ \$5 first +NZ \$1 for every extra

**Bulk orders (over 3 items) and Outside New Zealand:** Please contact us first to check postage/shipping costs for your order

**HOW TO PAY**

**Within New Zealand**

**by Cheque:** Please make cheques payable to *Anahata Yoga Retreat*

**by Bank Transfer:** Please contact us for details of our bank account

**by PayPal:** Please contact us for details of how to pay via PayPal

**Outside New Zealand:** Please contact us first to check for payment options.

**MAIL YOUR ORDER FORM TO:**

Anahata Yoga Retreat  
 PO Box 155  
 Takaka  
 Golden Bay  
 7142

**SENDING OUT YOUR ORDER**

As we are in a remote part of South Island, orders are sent out once a week – please be patient.

**YOUR DETAILS (please write clearly in BLOCK CAPITALS)**

Name	
Postal Address	E-mail and/or phone (in case we have any queries on your order)
Postcode	
Country (if not NZ)	
How did you hear about us?	If you are not already on our mailing list, may we add you on? Your details will not be passed on to any other organisation.  <b>Yes / No</b>  If <b>Yes</b> can you please fill out the following: Age                      Date of birth