

<b>Anahata Yoga Retreat Order Form</b>	<b>Price NZ\$</b>	<b>Quantity</b>	<b>Total NZ\$</b>
<b>BOOKS</b>			
<b>ASANA &amp; PRANAYAMA</b>			
Asana Pranayama Mudra Bandha (APMB)	45		
Prana Pranayama Prana Vidya	35		
Surya Namaskar	15		
Introduction to Yoga, Asana & Pranayama	15		
Moola Bandha – The Master Key	17		
<b>MEDITATION</b>			
Yoga Nidra	25		
Meditations from the Tantras	35		
Sure Ways to Self Realisation	40		
Dharana Darshan	45		
Kundalini Tantra	45		
Taming the Kundalini	20		
Dynamics of Yoga	20		
Tattwa Shuddhi	20		
Yoga Sadhana Panorama - Volume 1	35		
Yoga Sadhana Panorama - Volume 2	40		
<b>COMMENTARIES &amp; YOGIC PHILOSOPHY</b>			
Swara Yoga	30		
Yoga Darshan	45		
Four Chapters on Freedom	35		
Hatha Yoga Pradipika (Light on Hatha Yoga)	45		
Sri Vijnana Bhairava Tantra – The Ascent	45		
Yoga Chudamani Upanishad	30		
Practical Yoga Psychology	35		
Siddha Stotra Mala – Garland of Chants	20		
<b>SPIRITUAL LIFE</b>			
Teachings of Swami Satyananda – Volume 1	22		
Teachings of Swami Satyananda – Volume 2	22		
Teachings of Swami Satyananda – Volume 3	22		
Teachings of Swami Satyananda – Volume 4	25		
Teachings of Swami Satyananda – Volume 5	25		
Teachings of Swami Satyananda – Volume 6	25		
Karma Sannyasa (Spiritual Life for the Householder)	30		
Light on Guru Disciple Relationship	20		
<b>YOGA FOR WOMEN</b>			
Nawa Yogini Tantra	25		
Pre-Natal Yoga Book	22		
<b>YOGA FOR CHILDREN</b>			
Yoga Education for Children	30		
<b>YOGA THERAPY BOOKS</b>			
Yogic Management of Common Diseases	25		
Yogic Management of Asthma and Diabetes	25		
Yoga and Cardiovascular Management	20		
The Practices of Yoga for the Digestive System	25		



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

Yoga Mats & Shawls                      NZ\$10 first + NZ \$5 for every extra  
 Books    NZ \$5 first + NZ \$3 for every extra  
 CDs/Tapes                                      NZ \$3 first + NZ \$1.50 for every extra  
 Neti Pots                                        NZ \$3 first + NZ \$1.50 for every extra  
 Malas    NZ \$3 first + NZ \$1.50 for every extra

**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

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

*We are unable to accept credit/debit card payments at present*

**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 DETAIL (please write clearly in BLOCK CAPITALS)**

Name	
Postal Address	Email 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>

**For Anahata Yoga Retreat use:**

Payment received	
Order checked	
Order despatched	