

PRODUCT		£ EACH	PRODUCT		£ EACH
DVDs					
YogaPulse™ 6 DVD System (each DVD approx. 45 mins)		£39.95		Baby Yoga - Birthlight (86 minutes)	£10.95
Yoga for Mother and Child - 3 DVDs (approx. 200 mins)		£19.95		Baby Yoga for Toddlers - Birthlight (53 minutes)	£10.95
YogaPulse™ Pregnancy DVD (45 minutes)		£11.95		Kathy Tayler Antenatal Yoga DVD (50 minutes)	£9.95
AUDIO CDs BY ANASTASIA					
Yoga Class with Anastasia CD (70 minutes)		£9.95		Yoga for People on the Go CD (2 x 35 minute classes)	£9.95
CDs BY FRIDRIK KARLSSON					
Good Morning CD (60 minutes)		£11.95		Celtic Sunset CD (59 minutes)	£11.95
Good Night CD (60 minutes)		£11.95		Total Chillout CD (58 minutes)	£11.95
Total Balance CD (60 minutes)		£11.95		Magical Crystals CD (60 minutes)	£11.95
Spiritual Fitness CD (60 minutes)		£11.95		Magical Christmas CD (47 minutes)	£10.95
SPA & AROMATHERAPY FROM THE CELTIC HERBAL COMPANY & AROMA HOME					
Lavender, Rosemary & Mandarin Bath Oil (100ml)		£8.45		Pink Clay & Geranium Face Mask (55g)	£4.75
Rose, Grapefruit & Lavender Bath Oil (100ml)		£8.45		Organic Steam Facial (15g)	£3.65
Detox Bath Oil (100ml)		£8.45		Reviving Organic Herbal Bath Blend (2 x 12g)	£3.65
Lip Balm - Honey & Lemon (8ml)		£3.65		Citrus Detox Gift Box	£15.95
Hand Balm - Frankincense & Orange (25ml)		£4.75		Aroma Home Hot Body Wrap in Pink Stripe (700g)	£10.50
Foot Balm - Peppermint, Eucalyptus & Lemongrass (25ml)		£4.75		Aroma Home Hot Body Wrap in Blue Stripe (700g)	£10.50
YOGATEDS GREETINGS CARDS & POSTCARDS					
YogaTeds Postcards - mixed pack of 5 (pack 1)		£2.25		YogaTeds Greetings Card - mixed pack of 5 (pack 1)	£6.25
YogaTeds Postcards - mixed pack of 5 (pack 2)		£2.25		YogaTeds Greetings Card - mixed pack of 5 (pack 2)	£6.25
YogaTeds Postcards - mixed pack of 5 (pack 3)		£2.25		YogaTeds Greetings Card - pack of 10 (packs 1 & 2)	£11.50
YogaTeds Postcards - mixed pack of 5 (pack 4)		£2.25		Sun Salutation Greetings Card - pack of 5	£6.25
YogaTeds Postcards - pack of 15 (packs 1, 2, 3 & 4)		£8.00		Sun Salutation Greetings Card - pack of 10	£11.50
YuleTeds or YogaTeds Christmas Card - pack of 5		£4.95		The Yoga Class Greetings Card - pack of 5	£7.75
YuleTeds or YogaTeds Christmas Card - pack of 10		£8.50		The Yoga Class Greetings Card - pack of 10	£14.50
YogaTeds Stickers - Sheet 1 or 2		£1.50		YogaTeds Stickers - Sheet 1 & 2	£2.75
YOGA & HEALTH BOOKS, DECKS & GIFTS					
Yoga Deck I		£12.99		Essential Yoga	£12.99
Yoga Deck II		£12.99		Doga	£9.99
Prenatal Yoga Deck		£12.99		Ageless Yoga	£12.99
Kids Yoga Deck		£12.99		Yoga Sequences Book 1	£9.95
Travel Yoga		£6.99		Yoga Sequences Book 2	£9.95
Office Yoga		£6.99		Little Yogis™ Softback Colouring in Book	£3.50
Lovers' Yoga		£6.99		Little Yogis™ Softback Daydream Colouring Book	£4.95
YOGA CLOTHING - NEW RANGE COMING SOON					
T-SHIRTS					
Asana Array T-shirt	AA01	Purple with White	Sizes: Small, Medium, Large, X-Large		£11.95
Asana Array T-shirt	AA07	Black with White	Sizes: X-Small, Small, Medium, Large, X-Large		£11.95
Asana Array T-shirt	AA12	White with Black	Sizes: Small, Medium, Large, X-Large		£11.95
CHILDREN'S YOGA KITS (please see our website or call us for full kit prices and details)					
Kid's Classic Mat & Bag Combo	CCMYBAG	Kid's Classic Mat & Yoga Mat Bag - see website for the colour choices			£23.95
Kid's Travel Mat & Bag Combo	CTMYBAG	Kid's Travel Mat & Yoga Mat Bag - see website for the colour choices			£22.45
Kid's Classic Kit with Deck	CCKDECK	Kid's Classic Mat, Kids Yoga Deck & YogaTeds Postcards			£26.74
Kid's Classic Kit with DVD	CCKDVD	Kid's Classic Mat, Toddlers DVD & YogaTeds Postcards			£24.70

Buy Online at: www.ruthwhiteyoga.com/shop Order Line: 01635 277494

We reserve the right to alter our prices & specifications without notice. Please see our website for the most up-to-date prices, monthly special offers, delivery, postage & packing costs and our terms and conditions or contact us for details. PRICES VALID FROM 1ST JAN 2010.