


YOGAJP - YOGA JOURNEY PRODUCTIONS

P.O. Box 626 Vista, CA 92085

PHONE: 760-599-0055 * FAX: 760-598-1114 * www.yogajp.com or www.gentle-seniorvoga.com

Seniors, People with Physical Limitations/Injuries	Price	Qty	Total	Midlifers, Active Seniors & Everyone Else!	Price	Qty	Total
Gentle Chair Yoga Set - by 79-yr old Yoga Teacher. 2-DVD Set includes Seated and Standing DVDs for arthritis relief, strength and balance. Includes Guided Meditation.	 \$34.95			Intro Series of Hanna Somatics Exercise DVD – Somatic Overview & Collection of 5-min Somatic movements	\$12.95		
Gentle Chair Yoga Seated Series DVD - by 79-yr old Yoga Teacher. All seated stretches - great for Seniors, Wheelchair-bound and the Physically Challenged. Includes Guided Meditation.	\$19.95			Gentle Yoga through Somatic Exploration - 2-DVD set includes Upper, Lower & Full Body complete series & Relaxation. BONUS! Visual Imagery Guided Meditation.	\$49.95		
Gentle Chair Yoga Standing Series DVD - by 79-yr old Yoga Teacher. Standing and balancing using a chair for seniors with more mobility and dexterity. Includes Guided Meditation.	\$19.95			Gentle Yoga for Everyone DVD - by 82-yr old Yoga Teacher. For Beginning students, those familiar with yoga, or moderately-active Seniors - 3 sessions for strength, balance & flexibility. Includes Guided Meditation.	\$29.95		
Gentle Yoga for Seniors DVD - by 82-yr old Yoga Teacher. For Seniors and Physically Challenged - includes lying down, seated chair and standing chair stretches. Includes Guided Meditation.	\$29.95			Gentle Yoga Basics DVD - Series of 5-min easy-to-learn sessions. Great for for Beginners or anyone familiar to yoga who wants a slower pace.	\$19.95		
Gentle Yoga for a Healthy Joints Set - 3-DVD Set! Essential Yoga Movements for Therapy and Rehabilitation of Your Low Back, Knees & Hips. Great support for injuries or limited mobility in these areas.	 \$39.95			Get Inspired! Yoga for MidLife DVD – by 60-yr old Yoga Teacher. A complete and balanced Yoga Practice for Experienced Beginners and Intermediates.	\$19.95		
Gentle Yoga for a Healthy Low Back DVD - by Yoga Therapeutics Teacher. A Daily practice for Arthritis, Sciatica, Scoliosis and other Back Ailments - All Levels.	\$24.95			Gentle Flow Yoga DVD - Perfect way to get fit and rejuvenate. Strengthen and tone muscles and more. All Levels and All Ages!	\$29.95		
Gentle Yoga for a Healthy Knees & Hips DVD - by Yoga Therapeutics Teacher. Essential Yoga Movements for Therapy and Rehabilitation of all the joints in your legs - All Levels	\$24.95			Write in any other YogaJP DVDs, Meditation or Music CDs available at www.YogaJP.com			
Chair Yoga VHS - Special Order Format - by 82-yr old Yoga Teacher. Easy-to-follow chair yoga session that helps improve your breathing, strength and balance.	\$19.95						
Take5 Chair Yoga DVD - 5 minute stretches that focus on a particular part of your body, seated and standing poses. Great for Deskworkers.	\$17.95						

YOGAJP - YOGA JOURNEY PRODUCTIONS

P.O. Box 626 Vista, CA 92085

PHONE: 760-599-0055 * FAX: 760-598-1114 * www.yogajp.com or www.gentle-senioryoga.com

ORDER SUMMARY

SUBTOTAL	\$
California Sales Tax – 8.25% for California sales	\$
SUBTOTAL	\$
(\$5) U.S. SHIPPING & HANDLING (Int'l \$20)	\$
TOTAL	\$

CUSTOMER INFORMATION

Name : _____
Shipping Address: _____
City: _____
State _____ Zip _____
Phone: _____
Email : _____

Credit Card # _____
Expiration Date _____ CVC Code: _____
Name on Card: _____
Signature: _____
For Office Use: _____

Thank you for your Order!