



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-senior yoga.com

Yoga DVDs for Seniors, Chair, People with Physical Limitations/Injuries			Yoga DVDs for Midlifers, Active Seniors & Everyone Else!		
Gentle Chair Yoga Set - Paula Montalvo, 79-yr old Yoga Teacher. 2-DVD Set includes Seated and Standing DVDs for arthritis relief, strength and balance.	 \$34.95		Gentle Yoga through Somatic Exploration - James Knight. 2-DVD set includes Upper, Lower & Full Body complete series & Relaxation. BONUS! Visual Imagery Guided Meditation.	\$49.95	
Gentle Chair Yoga Seated Series DVD - Paula Montalvo, 79-yr old Yoga Teacher. All seated stretches - great for Seniors, Wheelchair-bound and the Physically Challenged.	\$19.95		Gentle Somatic Yoga - James Knight. 2-DVD set includes movements and meditation, muscles are re-programmed to dissolve chronic pain, improve range of motion, and regain strength and control.	\$49.95	
Gentle Chair Yoga Standing Series DVD - Paula Montalvo, 79-yr old Yoga Teacher. Standing and balancing using a chair for seniors with more mobility and dexterity.	\$19.95		Energizing Gentle Yoga DVD – Sherry Zak Morris. Gain back your Health, Vitality and Energy at Any Age! Great for Baby Boomers, Active Seniors and those recuperating from health setbacks.	\$24.95	
Gentle Yoga for Seniors DVD - Mary Cavanaugh, 82-yr old Yoga Teacher. For Seniors and Physically Challenged - includes lying down, seated chair and standing chair stretches.	\$29.95		Gentle Yoga for Every Body DVD - Marjorie Old. Gentle-active practice for Plus sizes and more. Modifications help you improve your Flexibility, Strength & Balance	\$24.95	
Senior Chair Yoga LIVE DVD - with Paula Montalvo. 3 Classes! Created and Designed Especially for Senior Citizens and filmed with Senior Citizens!	\$19.95		Gentle Yoga for Everyone DVD - Mary Cavanaugh, 82-yr old Yoga Teacher. For Beginning students or moderately-active Seniors. 3 classes: strength, balance & flexibility.	\$29.95	
Gentle Yoga for a Healthy Low Back DVD - Justine Shelton, Yoga Therapist. A Daily practice for Arthritis, Sciatica, Scoliosis and other Back Ailments - All Levels.	\$24.95		Gentle Yoga Basics DVD - Sherry Zak Morris/Jade Butler. 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 Knees & Hips DVD - Justine Shelton, Yoga Therapist. Essential Yoga Movements for Therapy and Rehabilitation of all the joints in your legs - All Levels	\$24.95		Gentle Flow Yoga DVD - Julia Tanner. Gentle-Active Flow. Perfect way to get fit and rejuvenate. Strengthen and tone muscles and more. All Levels and All Ages!	\$29.95	
Chair Yoga Dance DVD - with Olga Danilevich. 50 Minutes, 9-Dance Seated Chair Yoga Series plus Relaxing Meditation	\$24.95		Energizing Gentle Set - Sherry Zak Morris. 2-DVD Set includes Energizing Chair and Gentle Yoga DVDs that make yoga accessible to everyone. Includes modifications for physical limitations.	 \$39.95	
Live Trio! Energizing Chair Yoga LIVE DVD - with Sherry Zak Morris. (3) 30-min Classes Lots of new Seated & Standing Poses that move your body and give you energy.	\$19.95		Gentle Soma-Kinetics DVD – Erhard Rohrmuller, 70-yr old Yoga Teacher. Floor movements will strengthen and maximize the physical potential of the human body.	\$24.95	
Energizing Chair Yoga DVD – Sherry Zak Morris. Yoga for All Ages and Stages of Life ! Great for Beginners, Seniors and the Physically Challenged. Seated & Standing Sequences.			Gentle Soma-Kinetics Flow DVD – Erhard Rohrmuller, 70-yr old Yoga Teacher. Standing movements to encourage multi-directional movement patterns, improve balance and strengthen the foundational joints of the		

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ORDER INFORMATION

Order Total	
California Sales Tax – 8.5% for California sales	\$
SUBTOTAL	\$
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