

Yoga Tools

Mail-in Order Form

Ship to: (Please Print)		
Name:		
Address:		
City:	State:	Zip:
Phone:	E-Mail:	

ITEM	QTY.	PRICE
Spinal Rollers		
Spinal Roller – regular size 15" long, 5" diameter \$80.00 plus \$12.00 postage		
Spinal Roller – intermediate size 12.5" long, 4" diameter \$60.00 plus \$10.00 postage		
Spinal Roller – smaller size 12.5" long, 3.5" diameter \$50.00 plus \$8.00 postage		
Foam Spinal Roller – 18" long, 6" diameter – includes two instruction brochures, <i>Foam Roller Yoga and 5 Ways to Use & Understand the Spinal Roller</i> \$22.50 postage paid		
Other Yoga Tools		
Cranial Adjustor & Cervical Wedge \$40.00 postage paid		
Reflex Point Massage Balls \$20.00 postage paid		
Cervical Rocker \$68.00 postage paid		
Thoracic Press \$88.00 postage paid		
Zubo \$20.00 postage paid		
Wand \$30.00 postage paid		
Squat-n-Rock Bench \$75.00 plus \$8.00 postage		
Books by Allan Saltzman		
Baby Boomer's Yoga Book – \$27.00 postage paid		
The Belly and Its Power – 13.00 postage paid		
The Healing Way – \$13.00 postage paid		
Freedom, Can You Feel It? – \$9.95 postage paid		

Pamphlets by Allan Saltzman		
How to Eat Less, Strategies for Sane Eating – \$1.00 plus .50 postage		
The Belly and Its Power – \$7.00 plus .50 postage		
Open Heart – \$6.00 plus .50 postage		
The Hip Series – \$7.00 plus .50 postage		
Door of Life: Lumbar Spine Stretch and Manipulation – \$4.00 plus .50 postage		
Restore Vitality Through Adrenal Massage – \$3.00 plus .50 postage		
47 Messengers – \$4.00 plus .50 postage		
Under the Influence of Adrenalin – \$3.00 plus .50 postage		
Day of Rest – \$2.00 plus .50 postage		
Guide to Spinal Rolling – \$4.00 plus .50 postage		
Distortion and Adjustment: Ten Principles – \$3.00 plus .50 postage		
Five Back Charts – \$4.00 plus .50 postage		
The Most Important Muscle Syndrome – \$4.00 plus .50 postage		
The Zubo – \$5.00 plus .50 postage		
Definition of Health – \$1.00 plus .50 postage		
The Skill of Breathing – \$5.00 plus .50 postage		
The Kinesthetic Sense – \$3.00 plus .50 postage		
The Healing Way, Understanding Personal Evolution and the Healing Process – \$7.00 plus .50 postage		
3 Sides to Inner Peace, Rest, Relaxation and Release – \$2.00 plus .50 postage		
The Bliss Root, The Religious Significance of Resting the Heart – \$4.00 plus .50 postage		
Diaphragm – \$4.00 plus .50 postage		
All of a Peace, Religion For the New Millennium – \$4.00 plus .50 postage		
Adjusting the Sacrum – \$5.00 plus .50 postage		
At Home Self Treatment for Low Backache – \$7.00 plus .50 postage		
Key Muscles – \$2.00 plus .50 postage		
The Yoke, Scalenes As Key Muscles – \$4.00 plus .50 postage		
The Vagus Mission, Exploring the Parasympathetic Response – \$4.00 plus .50 postage		
Yoke Busters – \$3.00 plus .50 postage		
Adjusting the Neck – \$5.00 plus .50 postage		
Parable of the Wounded Man – \$2.00 plus .50 postage		
Kinoga, Personal Transformation Through Kinesthetic Yoga – \$3.00 plus .50 postage		
The Exhilarations of the Road – \$5.00 plus .50 postage		
Freedom, Can You Feel It? – \$5.00 plus .50 postage		

Postage	
TOTAL	

Print this form and send with payment to:

Yoga Tools
110 High Rock Road
Hamden, CT 06514

Visit our website at:
YogaTools.com