

Yoga Tools

110 High Rock Rd.
Hamden, CT 06514

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, 4” diameter. – \$80 plus \$12 postage		
Spinal Roller – intermediate size 12 ½ “ long, 4” diameter – \$60 plus \$10 postage		
Spinal Roller – small size 12 ½ “ long, 3 ½ ' diameter – \$50 plus \$8 postage		
Foam Spinal Roller – 18” long, 6” diameter – includes two instruction brochures: <i>Foam Roller Yoga</i> and <i>5 Ways to Use & Understand the Spinal Roller</i> – \$22.50 postage paid		
Other Yoga Tools		
Cranial Adjuster & Cervical Wedge – \$40 postage paid		
Reflex Point Massage Balls – \$20 postage paid		
Cervical Rocker – \$68 postage paid		
Thoracic Press – \$88 postage paid		
Zubo – \$20 postage paid		
Wand – \$30 postage paid		
Squat-n-Rock Bench – \$75 plus \$8 postage		
Books by Allan Saltzman		
Baby Boomer's Yoga Book – \$27 postage paid		
The Belly and Its Power – \$13 postage paid		
The Healing Way – \$13 postage paid		
Freedom, Can You Feel It? – \$9.95 postage paid		
Pamphlets by Allan Saltzman		
The Hip Series – \$10 plus \$1.50 postage		
The Belly and Its Power – \$9 plus \$1 postage		
Blessed Stillness – \$5 plus \$1 postage		

Lazy Man Yoga – \$7 plus \$1 postage		
How to Eat Less, Strategies for Sane Eating – \$1 plus .50 postage		
Foam Roller Yoga – \$5 plus \$1 postage		
Open Heart – \$8 plus \$1 postage		
Door of Life: Lumbar Spine Stretch and Manipulation – \$4 plus .50 postage		
Restore Vitality Through Adrenal Massage – \$3 plus .50 postage		
47 Messengers – \$4 plus .50 postage		
Under the Influence of Adrenalin – \$4 plus .50 postage		
Day of Rest – \$2 plus .50 postage		
Guide to Spinal Rolling – \$4 plus .50 postage		
Distortion and Adjustment: Ten Principles – \$3 plus .50 postage		
Five Back Charts – \$4 plus .50 postage		
The Most Important Muscle Syndrome – \$4 plus .50 postage		
The Zubo – \$8 plus .50 postage		
Definition of Health – \$1 plus .50 postage		
The Skill of Breathing – \$5 plus .50 postage		
The Kinesthetic Sense – \$3 plus .50 postage		
The Healing Way: Understanding Personal Evolution and the Healing Process – \$10 plus \$1.50 postage		
3 Sides to Inner Peace, Rest, Relaxation and Release – \$2 plus .50 postage		
The Bliss Root: The Religious Significance of Resting the Heart – \$4 plus .50 postage		
Diaphragm – \$4 plus .50 postage		
All of a Peace: Religion for the New Millennium – \$4 plus .50 postage		
Adjusting the Sacrum – \$5 plus .50 postage		
At Home Self Treatment for Low Backache – \$7 plus .50 postage		
Key Muscles – \$2 plus .50 postage		
The Yoke, Scalenes as Key Muscles – \$4 plus .50 postage		
The Vagus Mission: Exploring the Parasympathetic Response – \$4 plus .50 postage		
Yoke Busters – \$3 plus .50 postage		
Adjusting the Neck – \$5 plus \$1 postage		
Parable of the Wounded Man – \$2 plus .50 postage		
Kinoga: Personal Transformation Through Kinesthetic Yoga – \$3 plus .50 postage		
The Exhilarations of the Road – \$5 plus \$1 postage		
Freedom, Can You Feel It? – \$5 plus .50 postage		
Postage		

TOTAL	
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Print this form and send with payment to:

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Visit our websites at:

**YogaTools.com
LazyManYoga.com**