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55/20-24 Moo 4, Namuang
Koh Samui, Suratthani
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BOOKS



Healthy Lifestyle Cookbook

A delicious guide to vegetarian cooking

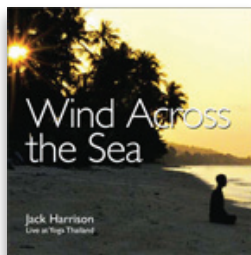
From salad dressings to desserts, the *Healthy Lifestyle Cookbook* is a collection of nearly a hundred of Yoga Thailand's best recipes. Some dishes are Indian, and many are Thai, but in fact this book is almost as varied as the yoga students who flock to Yoga Thailand, containing mouthwatering recipes from as far as Italy and Brazil.

What the recipes do have in common is that they work. They've been tested and tasted many dozens of times, over five years, and they appeal to even the most discriminating yogic palate.

A Number One bestseller in the retreat center's gift shop, Yoga Thailand visitors typically return to their countries regretting that they didn't bring home more. With its heavy homemade stamp, both in terms of approach and taste, few cookbooks are as practical and straightforward as this rare gem.

94 pages, soft-cover, with full-color photos of every dish. (20.5 x 20.5 cm)

CDs



Wind Across the Sea

Jack Harrison Live at Yoga Thailand

Yoga and music come together in this compilation of Sanskrit chants and devotional songs arranged and produced by Irish folklorist and musician Jack Harrison. Recorded at Yoga Thailand in 2007, with guest-participants from all over the world, *Wind Across the Sea* is a celebration of three great traditions—the yogic heritage of India and Her chants, the music of Ireland, and Buddhist meditation practices of Thailand—all of which have elements remarkably close to each other.

With popular chants close to the hearts of thousands of yoga practitioners all over the world, this newly released CD is a musical journey that will transport you like wind across the sea.

Packaging and booklet made from recycled cardboard and paper. (12.5 x 12.5 cm)

TOOLS FOR PRACTICE AND LEARNING

Yoga Practice Guides



Ashtanga Vinyasa Yoga - Primary Series

This step-by-step guide to the primary series is fully illustrated and easy to use. With more than 150 photos of certified teacher Paul Dallaghan demonstrating the poses, practitioners can rely on this fold-out sheet as a teaching tool and portable reference guide. It details each posture in sequence and offers helpful tips on particular asanas and vinyasas.

(21.6 x 20.3 cm, folded)

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Wholesale Rates

The following are rates in Euros for wholesale orders subject to a minimum ordering quantity.

Item#	Item Name	Price per piece (Euros)	Minimum Order	Your Order	Total (Euros)
01BK01	BOOK: Healthy Lifestyle Cookbook	€10	10		
02CD01	CD MUSIC: Wind Across the Sea – Jack Harrison Live at Yoga Thailand	€6	20		
03PG01	Yoga Practice Guide: Ashtanga Vinyasa Yoga – Primary Series	€4	20		

- For all orders outside of Thailand Vat of 7% is not charged.
- Shipping and Handling is charged extra.
- We recommend 10 day registered air postal service or UPS special 25 KG box 4 day air service depending on the weight.

How to order:

Please send this form to: info@yoga-thailand.com

Name	Company Name
Email	Web
Telephone	Fax
Shipping Address (Please write in clear block)	

- Payments to be made by money wire/bank transfer or Paypal. Standard charges apply.
- Details for payment included in invoice upon receipt of order.
- Shipment sent upon receipt of payment.