



wailana yoga



Yoga Mats, Towels & Totes

Regardless of your age or fitness level, yoga offers innumerable benefits to those seeking health, fitness or stress reduction. Wai Lana's **yoga mats** provide more grip, leverage and stability, preventing slipping and sliding in postures. It also cushions the body, making your yoga practice more comfortable. Choose from 3.5mm Yogi Mats or 6mm Yoga & Pilates Mats.

Off to class, the beach or a day at the park, a **yoga tote** is a compact and convenient bag for your yoga mat.

The skidless **yoga towel** is ideal for hot yoga styles, it prevents slipping, is super-absorbent and lightweight. The tiny silicone eco nubs grip your yoga mat and heighten awareness of weight distribution between hands and feet. It has the added benefits of putting a hygienic layer between you and your yoga mat and when used on the reverse side it stimulates pressure points on hands and feet.

Yoga Accessories

Yoga props bring ease, stability and pleasure to your yoga practice. Simple tools such as the **yoga block**, **yoga strap** and **foam roller** support you in various asanas while keeping your body aligned. They build your confidence, encouraging you to go deeper into familiar postures as well as to try ones you usually find too difficult. The use of yoga props helps you strengthen, stretch and align your body without strain and ensure that you practice asanas correctly.

A perfect companion for yoga exercise, the **yoga ball kit** can help you build strength, tone muscles, increase flexibility and improve balance. The kit includes anti-burst yoga ball, pump and instruction booklet and is available in small, medium and large sizes.

Books, CDs & DVDs

Wai Lana is one of the world's most respected yoga teachers. Her instructional DVDs suit every level of yoga practice.

The **Easy Series DVDs** includes a *Beginners Workout* for newcomers, *Toning Workout* with breathing and toning postures and *Relaxation Workout* to loosen muscles & relax.

The **Hello Fitness Series DVDs** include *Wake Up Body* be fit, alert and energised, *Invigorating* to oxygenate your body and *Goodbye Inertia* to banish lethargy and improve circulation and digestion.

The **Fun Challenge Series DVD** includes *Burn Off* to burn calories, toxins and fat, *Firming* using classic postures and *Upside Down* reveals the secrets of inverted postures.

If you're travelling the road to better health, you'll want Wai Lana's **Book of Favourite Juices**, it has over 85 recipes for fresh juices, luscious smoothies and guilt-free desserts.

Wai Lana's **music and meditation CDs** are designed to ease your mind, relax your body and soothe your spirit.

Little Yogis Kids Range

Wai Lana introduces the whole family to yoga with the fun-filled Little Yogis range.

A playful, kid-sized **yogi mat** provides a safe foundation for your little yogis. Covered with silhouettes of cartoon kids in yoga poses, the Little Yogis Mat also serves as a friendly guide for kids having fun with yoga on their own,

The Little Yogis **DVDs** are designed to stretch and strengthen kids bodies, sharpen their minds and improve balance and co-ordination.

The **Fun Songs CD** has 22 original songs that kids can dance, play and even fall asleep to. A joy for children of all ages, this lively soundtrack of Wai Lana's own compositions is a welcome treat for parents as well.

The **Daydream CD** is filled with soothing words, soft melodies and calming sounds of the ocean. Daydream helps kids relax, rest peacefully and wake up in good spirits.

The newest additions to the Little Yogis range include **colouring and activity books, game cards and a little yogis ball**.

Wai Lana

YOGI MATS & TOWELS

YM003	Yogi Mat Lotus Purple	39.95
YM007	Yogi Mat No Label: Blue, Purple	29.95
YM004	Yoga & Pilates Mat: Caribbean, Pink	49.95
YM002	Yoga & Pilates Lotus Mat: Blue, Purple	54.95
YM009	Yoga & Pilates Mat Limited Edition: Palm Grn, Hibiscus Orange, Grn/Choc Orchid	54.95
YM010	Yoga & Pilates Mat No Label: Blue, Black	39.95
YM011	Yoga & Pilates Mat No Label Purple Floral	44.95

YOGA ACCESSORIES

YA001	Deluxe Yoga Tote: Turquoise, Purple, Pink	34.95
YA003	Yoga Lotus Tote: Black, Burgundy	24.95
YA006	7.5cm Foam Yoga Block Blue, Purple	18.95
YA013	Yoga Foam Roller White	40.00
YA004	1.8m Yoga Strap Navy	11.90
YA005	2.4m Yoga Strap Purple	12.90
YB001	Yoga Ball Kit 55cm Purple	59.95
YB002	Yoga Ball Kit 65cm Blue	59.95
YB003	Yoga Ball Kit 75cm Green	59.95

FOR THE KIDS

YK006	Little Yogis Kit with Tote & Video	35.00
YV018	Little Yogis DVD V1	24.95
YV019	Little Yogis DVD V2	24.95
YV020	Little Yogis Daydream DVD	24.95
YC006	Little Yogis Daydream CD	24.95
BK051	Little Yogis Colouring Book	9.90
BK053	Little Yogis Daydream Colouring Book	9.90
BK052	Little Yogis Fun Exercise Book	19.95
YA010	Little Yogis Daydream Game Cards	9.90
YA016	Little Yogis Fun Songs Game Cards	9.90
YB004	Little Yogis Stretch'n'Play Eco Ball	39.95

DVDs, CDs & BOOKS

YV015	DVD - WL Easy: Beginners, Toning, Relaxation*	24.95
YV009	DVD - WL Hello Fitness: Wake Up, Invigorating, G'bye Inertia*	24.95
YV002	DVD - Yoga for Everyone: Flexibility, Stretching, Stamina*	24.95
YC005	CD - Meditation Trilogy (3 CD set)	69.95
YC003	CD - Yoga Music of the Heart	24.95
YC004	CD - Yoga Sound	24.95
YC001	CD - Rest & Relax	24.95
BK040	Wai Lana's Favourite Juices	39.95
BK041	Wai Lana's Favourite Soups	39.95

* Yoga DVDs purchase all 3 in a series for \$59.95 saving \$14.90 over single price.

NOTE: all DVDs NTSC USA format, please check your equipment for compatibility.

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Head Office & Showroom

18 Leda Drive, Burleigh Heads QLD 4220
Ph. 07 5508 2111 Fax. 07 5607 0181

Melbourne

440 Smith St, Collingwood VIC 3066
Ph. 03 9416 3998 Fax. 03 9416 2016

Sydney

31 Glebe Point Rd, Glebe NSW 2037
Ph. 02 9571 7655

Brisbane

282 Water St, Spring Hill QLD 4006
Ph. 07 3852 2585

www.messagequip.com