

Integral Yoga® Center of Richmond
BOOK SALE (50% discount) (Rev)
 info@yogahelps.com

TITLE	AUTHOR	List Price	50% disc.	Comments
101 Essential Tips for Massage		4.95	2.5	
A Teenager's guide to ADD	Antony J. Amen & Sharon Johnson	29.95	15	
Active Birth	Jane Balaskas	14.95	7.3	
All Men are Brothers, Autobiographical Reflections	Gandhi	9.95	5	sold
Allergy Relief	Goldfab, Sylvia, Phd	12.95	6.5	
Ara you confused? Answers to controversian Q. on Nutrition	Dr Paavo Airola	7.95	4	
Ayurveda and Panchakarma	Sunil V. Joshi	19.95	10	
Back Care Basics, a doctor's gentle yoga program for back & neck pain	Dr. Mary Pullig Schatz	21.95	11	sold
Beating Cancer with Nutrition	Quillin, Patrick	\$24.95	12.5	
Bhagavad Gita (x2)	Swami Sivananda	12	6.5	
Bikram's Beginning Yoga Class	Bikram Choudhury	17.95	9	
Book of Stress Survival, The	Alix Christa	16	8	
Book of Tofu	William Shurtleff & Akiko Aoyagi	5.99	3	
Chi Kung	Master Lam Kam Chuen	17.5	8.75	
Cholesterol Cures	Trubo, Richard	\$17.95	9	
Chosing Water Birth	Lakshmi Bertram	16.95	8.5	
Concentration + Meditation	Swami Sivananda	12.95	6.5	sold
Dictionairy of Sanskrit Names	Integral Yoga	\$14.95	7.5	
Don't Give it away -A workbook of Self-awareness & Self-affirmation fo young women	Iyanla Vanzant	??	??	
Doubles Yoga, A manual for two (x2)	Shar Lee & Dawn Mahowald	14.95	7.5	
Dr Susan Love's Breast Book	Dr Susan Love	22	11	sold
Dr Susan Love's Hormone Book, Making informed choices about Menopause	Dr Susan Love	15	7.5	sold
Easy Breathing- Natural Ttreatment for Asthma, olds, flu, coughs, allergies and sinusitis	Hoffman, David	12.95	6.5	
Eat, Pray, Love (x3)	Elizabeth Gilbert	15	7.5	
Eating Disorder Sourcebook, The	Carolyn Costin	17.95	9	
Eduactionion and Career Opportunities in Alternative Medicine	Jones, Rosemary	18.95	9.5	
Emotional Intelligence	Daniel Goleman	17	8.5	
Enhancing Fertilty Naturally	Nicky Wesson	14.95	7.5	

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Entlightening Tales	Sri Swami Satchidananda	19.95	10	sold
Essential of Yoga, The	Sarley, Dinabandhu	13.95	7	sold
Extension	Sam Dworkis	20	10	
Fibromyalgia Help Book	Jon Russell & Terry Fransen	18.95	9.5	sold
Finding your way to a Healing Weight	Tanenbaum, Barbara & others	9.95	5	
Food for our Bones, Natural way to Prevent Osteoporosis	Anne Marie Colbin	15	7.5	sold
Free Yourself from Headaches	Jan Stromfeld	14.95	7.5	sold
Fundraising for Non-Profits, How to build a community partnership	Burke Keegan	15	7.5	
Healing Into Life & Death	Levine, Stephen	13.95	7	sold
Healing Visualizatin thru Imagery (x2)	Epstein, Gerald	\$16.00	8	
Healing Voice, The	Joy Gardener-Gordon	12.95	6.5	
Healthy Bones, What you should know about Osteoporosis	Appleton, Nancy	11.95	6	sold
Holistic Parenting	Lynn Wise Gordon Sneyd	17.95	9	
Holistic Puppy, The	Diane Stein	14.95	7.5	
How to Care for Aging Parents	Virgina Morris	15.95	8	
How to Use Yoga	Mira Mehta	14.95	7.5	
Human Anatomy Coloring Book	Margaret Matt		5	
Infant Massage (x2)	Vimala McClure	17	8.5	
Light, Medicine of the Future	Lieberman, Dr. Jacob	16.95	8.5	
Managing the Non-Profit organization, principles & Practices	Peter Drucker	13.5	6.75	
Meditation made Easy	Lorin Roche, PhD	16	8	sold
Multiple Sclerosis (x2)	Grehan, Judy	\$12.95	6.5	
Natural Prozac	Dr. Joel Robertson	14	7	
Office Spa	Darrin Zeer	9.95	5	
Parnter Yoga	Carroll, Cain	19.95	10	
Pocket Guide to Aromatherapy		6.95	3.5	
Pocket Guide to Chakras		6.95	3.5	
Pocket Guide to Visualization		6.95	3.5	
Pocket Guide to Wicca		6.95	3.5	
Power of Soy, The	??	SOLD??		
Power Yoga	Beryl Bender Birch	17	8.5	
Preparing for Birth with Yoga (x2)	Janet Balaskas	18.95	9.5	

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Preparing for Surgery (x2)	Huddleston, Peggy	14.95	7.5	
Quantum Healing	Chopra, Deepak	\$16.00	8	
Raising a Daughter	Jeanne & Don Elium	12.95	6.5	
Raja Yoga	Swami Vivekananda	\$15.00	7.5	sold
Retelling US Religions History	Edited by Thomas Tweed	14.95	7.5	
Reversing Heart Disease	Whitaker, Julian, MD	15.95	8	
Ritalin Free Kids, Homeopathic Medicine for ADHD and other Behavioral & Learning Problems	Judyth Reichenberg Williams-Ullman & Robert Ullman	16.96	8.5	
Rituals of Healing, using Imagery for Health & Healing	Jeanne Achtenberg & Barbara Dossey	15.95	8	sold
Science of Pranayama	Swami Sivananda	8.95	4.5	
Sivananda Companion of Yoga	Lucy Lidell	16	8	
Speak the Language of Healing, Living with Breast Cancer without going to War (x2)	Kuner, Orsborn, Quigley & Stroup	14.95	7.5	sold
Swami Satchidananda, Portrait of a Modern Sage (x2)	Premanjali	29.95	15	sold
Swami Satchidananda, Apostole of Peace (x2)	Sita Bordow & others	21.95	11	
Take off your glasses and see	Lieberman, Dr. Jacob	14	7	
Tao & Dharma: Chinese Medicine & Ayurveda	Svoboda, Robert	12.95	6.5	
Teen's Guide to going vegetarian, A	Judy Krizmanic	9.99	5	
Thai Massage Manual	Maria Mercati	17.95	9	
The Posture of Mediation (x2)	Will Johnson	13.95	7	
Tibet's Great Yogi, Milarepa	Ed. By W.Y.Evans	14.95	7.5	
Tibetan Power Yoga	Jutta Mattaausch	12.95	6.5	
To Life, A Celebration of Jewish Being & Thinking	Kushner, Harold	12.99	6.5	sold
Tofu and Soy food Cokery	Peter Golbitz	12.95	6.5	
Tofu Cookery (x2)	Louise Hagle	21.95		
Tofu, Quick & Easy	Louise Hagler	9.95	5	
Unconditional Life	Chopra, Deepak	16	8	sold
Vegetarian Children (x2)	Sharon Yntema	14.95	7.5	
Vegetarian Way, The	Virginia & Mark Messina	24	12	
Voluntary Simplicity	Elgin, Duane	??		sold
Water Yoga	Jill Coleman	19.95	10	
Weight Management	Christensen, Alice	12	6	
Western Guide to Feng Shui	Terah Kathryn Collins	12.95	6.5	

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What the Dr. May not tell you about Menopause	Lee, John, Md	15.95	8	
Whole Mind, The - The definitive Guide to Complementary Treatments for Mind, Mood & Emotion	Lynnette Bassman	24	12	sold
Women's Bodies women's Wisdom	Christiane Northrup	20	10	
Working Woman's Guide to Managing Stress	J. Robin Powell, Phd	14.95	7.5	
Yeast Connection, The	William G. Crook	16.95	8.5	
Yoga and You	Myers, Esther	17.95	9	
Yoga Baby (x2)	DeAnsin Goodson Parker, PhD	16	8	
Yoga for Beginners	Ansari, Mark	23.95	12	
Yoga for Body, Breath and Mind	Mohan, A.G.	24.95	12.5	
Yoga for the three Stages of Life	Srivatsa Ramaswami	19.95	10	sold
Yoga for the Young at Heart	Susan Ward	14.95	7.5	
Yoga for Wimps (x2)	Miriam Austin	17.95	9	
Yoga for your Spiritual Muscles	Rachel Schaeffer	26.95	13.5	
Yoga Tradition, the	Georg Feuerstein	29.95	15	sold
Yoga, a gem for Women	Geeta Iyengar	23.95	12	
Yoga, Mind and Body (x3)	Sivananda Yoga Center	15	7.5	
Yoga, the Iyengar Way	Silva, Mira & Shyam Mehta	23.95	12	
Yoga, The Poetry of the Body	Rodney Yee	21.95	11	
egg shape balls (x2 or 3)				