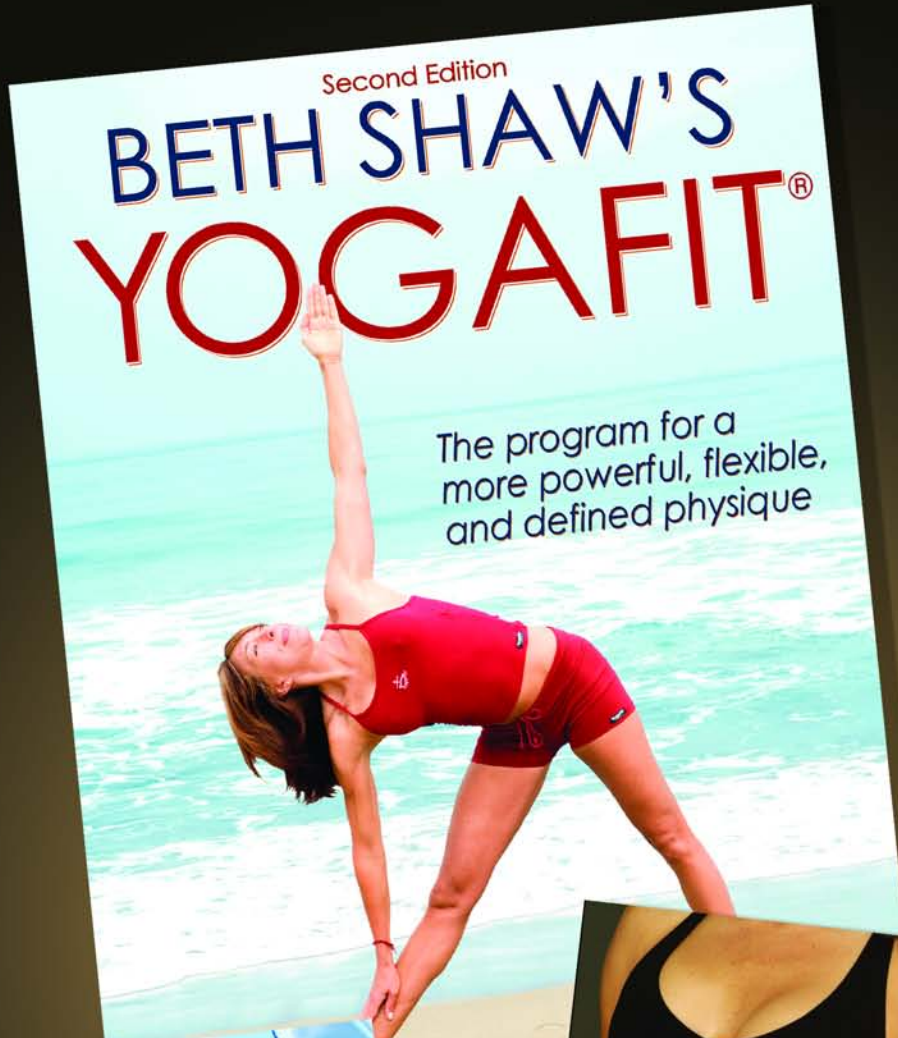


YOGAFIT® CATALOG



- APPAREL
- DVDS
- MUSIC
- ACCESSORIES
- BOOKS

YOGAFIT® TRAINING SYSTEMS  
 REAL YOGA FOR REAL PEOPLE



# Apparel



### Flex Pant

Woven nylon Lycra with amazing 4-way stretch, 3/4" waist band hem. Front patch pockets and back slits. Colors: Black, Brown, Cranberry. Sizes: XS-XL. \$59.95



### Fold-over waist Bootleg Capri

Flattering all-purpose fitness Capri's that are perfect for a variety of sports from yoga to indoor cycling. Tactel/Lycra blend. Fold-over waistband for a flattering and comfortable fit. Sizes: S-XL \$39.95



### Cargo Flex Pant

High-tech cargo pant made with woven nylon Lycra with 4-way stretch. If you like our Flex pant, you will love this new bottom. Versatile pant is adjustable and can be worn as pants or Capri's. Contrast stitching. Colors: Black, Charcoal Grey and Canteen. Sizes: XS-XL. \$69.95



### Bamboo Fitted Flare

Black pants are made of breathable, quick wicking, anti-bacterial (odor free) and anti-bromic (deodorized) bamboo cotton. Incredibly soft and comfortable. Sizes: S-XL. 33" inseam. \$34.95



### Bamboo Relaxed Flare

These black pants are made with the same fabulous cotton as the Bamboo Fitted Flare. These bottoms have a more generous fit. Sizes: S-XL. 33" inseam. \$34.95



### Bamboo Relaxed Capri

Same great cotton as our fitted flare, the Capri's have a 17" inseam and side pockets. Colors: Black, Charcoal Grey. Sizes: S-XL. \$32.95



### Men's Yoga Pants

93% cotton, 7% spandex. Pants offered for a limited time only. Colors: Black Olive, Graphite. Sizes: M-XL. \$59.95



### YogaFit Shorts

New! Logo shorts are perfect for that extra hot workout, cycling class or long run. Flattering style, with drawstring waist, 1" slits on side. 88% Tactel, 12% Lycra. 4" inseam. Colors: Black, Cherry. Sizes: S-L. \$31.95



### Chakra Shirts

New! Celebrate color energy with exclusive Chakra shirts. Each color relates to its relevant chakra and highlighted with a corresponding "sueded" screen on center back of shirt. Snug fit. Sizes: S-XL



### Sheer V-Neck

This soft & sheer V-neck tee is made of 100% pre-shrunk and combed organic cotton. Tee has the YogaFit logo on front left hip. Blue, Olive, Black. Sizes: M-XXL. \$19.95



### Screen Print Tank Tops

Ribbed long and fitted cotton tank is available in multiple colors with various meaningful screens. Fits snug, we recommend sizing up. Sizes S-XL.



### Cap-Sleeve Logo Tee

This flattering scoop neck tee sports the YogaFit warrior on front. Cap sleeves. Color: Black. Sizes: S, M and XXL. \$19.95



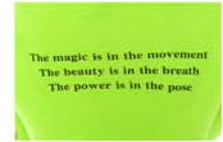
**Long-Sleeved Organic Cotton Scoop Neck**

This shirt is ultra-comfortable and environmentally friendly. A flattering scoop neckline makes it a versatile piece in any wardrobe. Colors: Ocean Blue, Moss Green, Cherry Red. Promotional price \$14.99 while supplies last.



**Polar Fleece**

Fitted and comfy, this Black micro-fleece jacket will keep you warm after a hard practice. Featuring side pockets and mock. Jacket hits above the hip line. 100% polyester. \$32.95



**Henley Screen Print**

Fine jersey long-sleeve Henley is a YogaFit favorite. Various inspirations screened on back of shirt, YogaFit logo on front left bottom. Colors: Black, Green, White. Sizes: S-L. \$24.95



**YogaFit X-Back Tank**

New longer style. Tactel Lycra X-Back with spaghetti strap and front shelf bra. The perfect top for all sport activities. YogaFit logo embroidered on front. Colors: Army Green, Brown, Royal Blue, Eggplant, Wine, Red and Black. Sizes: S-L. \$32.95



**Men's Short Sleeve Logo Tee**

Men's cotton t-shirt sports the YogaFit Logo on front top left. Casual fit. Colors: Black, Grey. Sizes: M-XL. \$15.95



**Men's Long Sleeve Logo Tee**

Comfortable cotton long-sleeve T-shirt. Generous fit. The YogaFit Logo on front top left. Colors: Black, Grey. Sizes: M-XL. \$17.99



**YogaFit Hooded Sweatshirt**

Cozy zip-up hoody with the Yoga Fit Logo on front. 80% cotton, 20% polyester. Colors: Black, Cranberry. Sizes S-XL. \$42.95



**Wrap Top**

Stylish "wrap around" garment that is a great layer piece. One size fits most. Colors: Black, Mocha. Promotional price: \$17.99 while supplies last.



**Boatneck Thermal**

Lightweight thermal tee has a flattering boat-neck and a great layering piece. Colors: Black, Red, Heather Grey. Sizes: S-XL. Promotional price: \$15.99 while supplies last.

**YogaFit Music**



**Bamboo Zippered Jacket with YogaFit® Logo**

Stylish and fitted, this Black mock-neck zippered jacket sports a YogaFit logo. Made of breathable, quick wicking, anti-bacterial and anti-bromic bamboo cotton. Sizes: S-XL. Promotional price: \$24.99 while supplies last.



**Music for Active Yoga Vol. 2-9**

Each CD offers a different variation of tunes and vocals to excite the ears, body and spirit. Formatted for YogaFit's 3 Mountain practice. **Run Time: 75 min. each.** \$15.95



**Slow Flow Vol. 1 and 2**

Smooth rolling rhythms that are as limber, graceful, conducive to stretching and soul-inspiring as a perfectly-formed yoga posture. **Run Time: 60+ min. each.** \$15.95



### Sunrise in Rio

13 tracks personally selected by Beth Shaw. Take a trip to Rio with this wonderfully upbeat, active CD. This CD has been compiled specifically with the Three-Mountain format in mind.

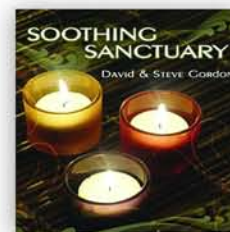
**Run Time: 60+ min.** \$15.95



### Inspirational Music by Deva Premal

Three enchanting titles by renowned artist, Deva Premal. Lose yourself in chanting, mantras and smooth flowing tunes for yoga and meditation.

**Run Time: approximately 56 min. each.** \$15.95 each



### Soothing Sanctuary

Relax in your own peaceful retreat. Over 60 minutes of serene sounds to help you clear your mind and relax. Perfect for yoga, meditation, or even massage.

**\$15.95**



### Zen Cafe Vol. 1-8

Sensual and lively vocals provide an escape from outside distraction. Once you step foot into the Zen Cafe, you won't want to leave.

**Run Time: 70 min. each.** \$15.95



### Meditation & Relaxation Peaceful Paradise

Two blissful CDs to take your meditation to a higher level.

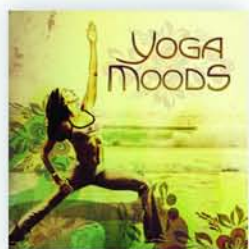
**\$15.95 each**



### Angels Voices

The mystery and beauty of the feminine voice combines with intoxicating electro-organic grooves in this super-chilled set of lush downtempo tracks.

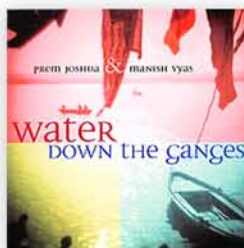
**Run Time: 70+ min.** \$15.95



### Yoga Moods

Discover a mellow spot where you can renew your body and mind. This CD is perfect for yoga and pilates.

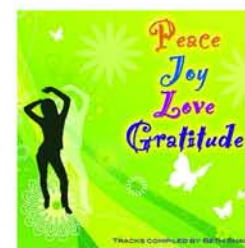
**Run Time: 74 min.** \$15.95



### Water Down the Ganges

Take a trip down the mythic spiritual river of India. This album permeates your senses with rich images of the Ganges River.

**Run Time: 62 min.** \$15.95



### Peace, Joy, Love, Gratitude

Two CD music collection is inspired by the book, *Growing the Positive Mind* by Dr. William Larkin. Start experiencing positive emotions!

**\$19.95**



### Yoga After Midnight

CD from YogaFit with sensual and seductive inspired music.

**Run Time: Over 74 min.** \$15.95



### Chakra Healing Chants

Embark on a journey through the power of the Chakras on a river of sacred sound with shaman drums and native flutes.

**Run Time: 55 min.** \$15.95



### Mantra Girl

Haunting Sanskrit mantras set to pop-electronica featuring New York Philharmonic

**\$15.95**



# Videos

Special summer pricing! All DVDs are \$14.95 each!



## Full Body Blast

Featuring four workouts for a full body workout that will strengthen and stretch your entire body! Workouts include full body blast, upper body buff, core control, and lower body. **Run Time: 75 min.** \$14.95



## YogaFit Active Advanced®

Targets the thighs, glutes and abdominals. High-energy, yoga-based workout designed to make you sweat, tone and tighten. **Run Time: 42 min.** \$14.95



## Pure Power

This DVD packs a punch! You get a Power YogaCore workout along with a Power PilatesFit workout in this single DVD. **Run Time: 75 min.** \$14.95



## Flex and Flow®

Repetitive flows and long holds! Discover the strength and cardiovascular benefits from *Flex and Flow*. **Run Time: 54 min.** \$14.95 \*DVD Only



## YogaCore®

Build strength and improve balance. This workout will help develop a toned lower body and help improve posture and overall flexibility. **Run Time: 46 min.** \$14.95



## YogaFit Basics & Back Health®

Receive two workouts for the price of one amazingly effective DVD. Guaranteed to not only kickstart your yoga practice but protect your back, flatten your abs and boost your athletic performance for many other activities. **Run Time: 80 min.** \$14.95



## YogaStrength®

Develop definition, strength, balance and flexibility. Using the mini body bar adds a whole new challenge to this advanced workout. **Run Time: 43 min.** \$14.95



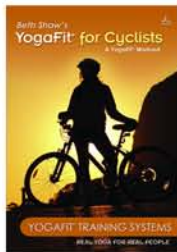
## PilatesFit®

Build strength and improve balance. This workout will help develop a toned lower body and help improve posture and overall flexibility. **Run Time: 46 min.** \$14.95



## PilatesFit® II Total Core Control

One of the most effective workouts to tone your middle: Over an hour of yoga-Pilates fusion postures to help you chisel the strongest, sexiest abs and lower body you can! **Run Time: 70 min.** \$14.95



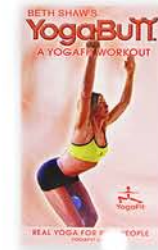
## YogaFit® for Cyclists

Use *YogaFit for Cyclists* as a consistent, sport-related yoga program to alleviate stress and common conditions associated with indoor/outdoor cycling. **Run Time: 60 min.** \$14.95



## YogaFit Ultra®

A powerful vinyasa format designed to strengthen your body and stretch your mind. The next best thing to taking a YogaFit class! **Run Time: 90 min.** \$14.95



## YogaButt®

Lift it up, tighten and tone your glutes, and get ready to totally re-do your rear view with YogaFit's amazingly fun and effective lower-body workout. **Run Time: 42 min.** \$14.95



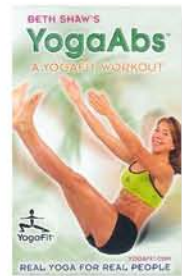
### YogaFit Seniors® Prenatal & Kids!

DVDs for YogaFit's specialty programs such as *YogaFit Seniors*, *Prenatal* and *Kids!* \$14.95 each



### Power YogaFit®

**Now only \$12.95!** Experience the dynamic flow and challenge of this ultimate yoga lass...Power YogaFit. Push it to the limit with hard-core moves that produce a lean but super-flexible body. **Run Time: 38 min.**

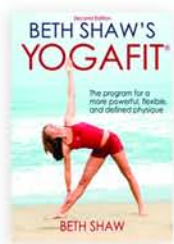


### YogaAbs®

YogaFit founder Beth Shaw creates a super-effective, efficient and FUN strategy for toning up your abdominals from every angle and whittling your waistline, hips and mid-torso. **Run Time: 29 min.** \$14.95

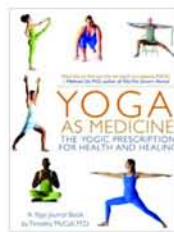


## Educational Tools



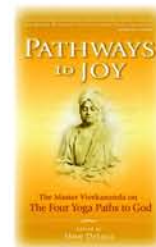
### Beth Shaw's YogaFit®, 2nd Edition

50 yoga poses including cross training for all sports. Photos & descriptions. Sample workouts for beginning to advanced levels. \$16.95



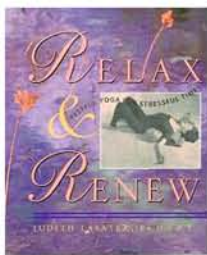
### Yoga as Medicine

This groundbreaking work comes to you from Dr. Timothy McCall, who is both a practicing yogi and a Western-trained physician. \$20.00



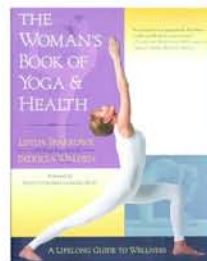
### Pathways to Joy

*Pathways to Joy* is a selection of 108 of Swami Vivekananda's sacred teachings on Vedanta philosophy. \$18.95



### Relax & Renew

Whether you have five minutes or an hour, taking time out each day to relax and renew is essential to living well. Written by Judith Lasater, Ph.D., P.T. \$21.95



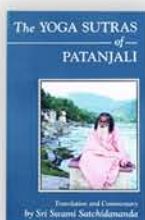
### The Woman's Book of Yoga & Health

Written by Linda Sparrowe and Patricia Walden, this book contains numerous yoga sequences and photos and is designed to be a lifelong reference guide for female practitioners. \$24.95



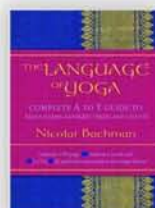
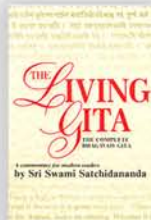
### The Gita Deck

68 jewel-like verses of spiritual understanding adorn beautiful cards depicting India's rich spiritual heritage. \$16.95



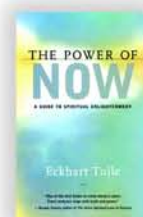
### Yoga Sutras of Patanjali The Living Gita

Complete traditional manuals for the study and practice of yoga. *Yoga Sutras*: \$15.95  
*The Living Gita*: \$16.95



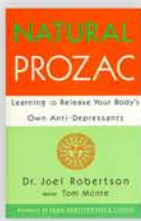
### The Language of Yoga

The most complete A to Z guide to Asana names, Sanskrit terms, and Chants. Includes 2 CDs and a 139 pg. reference book. \$24.95



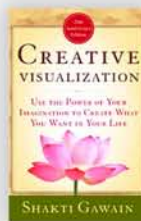
### The Power of Now

Make a journey into the NOW, by leaving your analytical mind and its false created self, the ego, behind. \$14.00



### Natural Prozac

Scientifically proven and easy to follow, Dr. Joel Robertson's lifestyle program makes a significant advance in treating depression and its debilitating effects without drugs. \$19.95



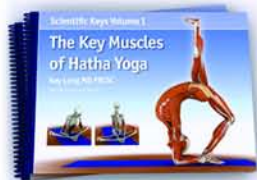
### Creative Visualization

This book, which helped launch a movement, has been successfully used in the fields of health, education, business, sports, and creative arts for many years. Gawain explains how to use mental imagery and affirmations to produce positive changes in one's life. \$12.95



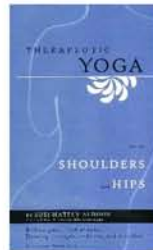
### Anatomy and Asana

*Anatomy and Asana* offers an easy and successful method to learn anatomy and its relationship to yoga in a way that helps prevent injuries. \$29.95



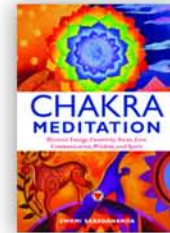
### The Key Muscles of Hatha Yoga

A 244 page book with over 650 full color illustrations covering over thirty key muscles as applied to Hatha Yoga including biomechanics and information on the chakras. \$48



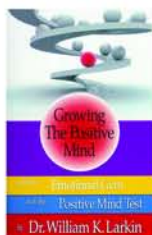
### Therapeutic Yoga for Shoulders and Hips

Gain ease of motion, stability and strength, which you can then take into the more complex exercises to further enhance your awareness, ease, balance and freedom. \$24.95



### Chakra Meditation

Discover energy, creativity, focus, love, communication, wisdom and spirit with Swami Saradananda. \$14.95



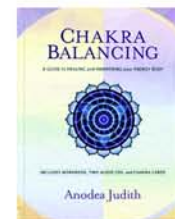
### Growing the Positive Mind

By Dr. William Larkin. This book contains 7 promises about the significance of growing a positive mind. These promises are the 7 chapters of the text. They are promises to a brighter, happier, more fulfilling, and authentic life. \$20.00



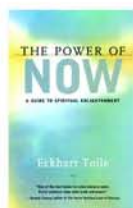
### Your Body Speaks Your Mind

Written by Deb Shapiro. Learn to interpret your body's "language of symptoms". "What are your symptoms and illnesses telling you about yourself?" Decode the emotional, psychological and spiritual messages that underlie illness. The book also includes 2 guided meditations on CD. \$19.95



### Chakra Balancing Kit

*The Chakra Balancing Kit* is a great guide to healing and awakening your energy centers. Developed by Anodea Judith, the kit includes a 102 page illustrated book, 2 audio cds, and 7 illustrated chakra cards. \$29.95



### The Power of Now, Card Deck

For admirers of the bestselling *The Power of Now*, Eckhart Tolle's wisdom now comes in a highly accessible form — an elegant boxed set of color cards. Each inspirational card expresses a quotation from the book on one side and art on the other. \$17.95



### YogaFit Kids!® Cards

New and Improved Design! Visual teaching tools for 40 poses on 3-1/4 X 5 cards. Geared for children - illustrating simple and fun poses \$16.95



### YogaFit Manuals

Manuals from YogaFit's Speciality programs YogaFit Seniors, YogaFit Kids!, and YogaFit Prenatal. \$99 each



# Accessories



### Yoga Block

Size: 6"X4"X9"  
Weight: 8oz., Pressed Foam  
Colors: Blue, Purple. \$10.95



### Yoga Mats

Size: 24"X70"  
Thin Mat: 1/8" in colors Rose, Black,  
Green and Teal Price: \$19.95  
Thick Mat: 1/4" in Ocean Blue. \$24.95



### eKO Mat

Natural rubber, closed-cell mat designed for durability and comfort. Free of oil-based products, these 99% latex-free mats are essentially free of toxic materials, foaming agents and plasticizers. \$39.95



### Senior's Strap

Six foot nylon strap with multi-positioned loops which allow deep, gradual stretching of major muscle groups, available in Green. \$16.95



### Yoga Strap

Size: 6 ft. Heavy woven web.  
Colors: Purple and blue. \$7.95  
10' strap available in blue for \$15.95.



### YogaFit Logo Necklace

Our iconic warrior logo, cast in sterling silver, hangs from a double black leather cord. The necklace will be a great gift for yourself or any yoga enthusiast. \$24.95



### YogaFit Core Ball

Size: 17" Circumference  
Color: Blue. Used for gluteal firming and lifting exercises. 10.95  
Recommended for YogaButt® DVD



### CD Carrying Case

YogaFit Logo Case.  
Black Vinyl. Holds 24 CDs.  
\$7.99



### Mini Body Bar

4 lbs. at 24" long.  
Weighted bar to be used during your yoga workout to increase upper body strength.  
\$26.95



### YogaFit Fitness Bag

This durable nylon fitness bag comes with a side pocket, a water bottle holder and plenty of room inside. Any size yoga mat can be carried with this bag as it sits securely on top.  
Promotional price: \$14.99



### YogaFit Logo Mat Bag

Makes carrying your mat a breeze!  
This durable nylon bag comes in black with a shoulder strap, a drawstring closure, and the world famous YogaFit logo. \$14.95

## Wholesale:

All products may be purchased in bulk at wholesale prices!

For more information on bulk orders or to carry YogaFit products at your health club or studio, please contact:  
**1-888-786-3111 ext: 228 or 229**