

SORTED BY AUTHOR OF MATERIAL

Author	Title	Descrip	Co	General Content
3M	National Coaching Certification Program	booklet	1	theory level 2
Access, Channel 9	Intro to Yoga with Beth McCann	video	1	asana
AGM, Calgary March 22, 2003	Chanting	video	1	chanting
Agombar, Fiona	Beat Fatigue with Yoga	book	1	asana
Alain	Yoga for Perfect Health	book	2	postures, breath, and relaxation
Alberta Community Development	Fair Play Resource Guide	booklets	1	guide
Alberta Public Affairs Bureau	Audio Visual Resource Catalogue 1988	booklet	1	film library
Alberta Recreation and Parks	Making Fitness Work	booklet	1	theory
Aldous, Susi Hately	Anatomy and Asana	book	1	Preventin yoga injuries
Alfassa, The Mother - Mirra	Health and Healing in Yoga	book	1	selections from writings and talks
Allen, Edward Frank	The Complete Dream Book	book	1	dream symbol dictionary
Aranya, Swami Hariharananda	Yoga Philosophy of Patanjali	book	1	philosophy
Arin-Strutt, Danielle	Postures and Relaxation	tape	1	
Ascent	Ascent	Journal		see stacks
Aurobindo, Sri	The Mother	pamphlet	1	philosophy
Austin, Miriam	Yoga for Wimps	book	2	asana with special support
Bahm, Archie J.	Executive Yoga	book	1	postures
Bahm, Ardrie J.	Executive Yoga	book	1	
Bailey, Lorraine Hensel	Time to Spare	book	1	business
Balaskas, Arthur	Bodylife	book	1	asana
Balaskas, Janet	Preparing for Birth with Yoga	book	1	prenatal
Barnet, Cybelle	= / *	book	1	hypnosis technique
Bashford,Daphne	Stretch-A Contemporary Approach with Attention to De	Booklet	1	Asanas
BBC Publications	Every Body Knows	booklet	1	asana
Beck, Charlotte Joko	Nothing Special	book	1	Zen Philosophy
Bell, Rosamund	Simple Yoga Techniques	Book	1	Asanas
Bennett, Bruce ; Howell, Maxwell	Comparative Physical Education and Sport	book	1	comparative education
Bergson, Anika and Tuchack, Vlad	Zone Therapy	book	1	reflexology technique
Bernard, Theos	Hatha Yoga	book	2	asana, pranayama
Berne, Eric , M.D.	Games People Play	book	1	psychiatry
Bhaktivedanta, A.C.	Beyond Illusion & Doubt	book	1	philosophy
Bharati, Swami Veda	The Perennial in the Millenium	book	1	
Bharati, Swami Veda	Unifying Streams in Religion	pamphlet	1	biography, philosophy
Binstock, Louis	The Power of Maturity	book	1	develop your potential
Birch, Beryl Bender	Power Yoga	book	1	asana
Birch, Beryl Bender	Beyond Power Yoga	book	1	asana plus some philosophy
Birch, Beryl Bender	Power Yoga The Practice	video	1	asana
Birch,Bende Beryl	Power Yoga	Book	1	Asanas
Bixby,Neil	The Yoga Solution	Book	1	Lecture
Bolton, Brett	Edgar Cayce Speaks	book	1	diet, health
Borysendo, Joan , Ph.D.	Minding the Body, Mending the Mind	book	1	anxiety, mindfulness, healing
Bradshaw, John	The Family	book	1	psychology
Bragg, Paul C.	The Miracle of Fasting	book	1	fasting
Brahma Kumaris	Practical Meditation	Book	1	Lecture
Brahma Kumaris	Inner Beauty	book	1	philosophy
Brahma Kumaris	Living Values	booklet	1	philosophy guide
Brahma Kumaris	Practical Meditation	booklet	1	first seven lessons, Raja Yoga
Brahma Kumaris Institute	Vegetarian Diet and Nutrition	Booklet	1	Information
Bryant, James K.	Beginning Hatha Yoga	video	2	asana, sun salutation
Buck, William	Ramayana	book	1	epic story
Buck, William	Mahabharata	book	1	translation from Sanskrit
Buddhananda,Swami	Moola Bandha	Book	1	Lecture
Buishand, Tjerk ;Houwing, Harm; J	The Complete Book of Vegetables	book	1	vegetable dictionary

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Author	Title	Description	Count	General Content
Burroughs, Stanley	Healing for the Age of Enlightenment	book	1	diet,food,color
Cailliet, Rene M.D.	The Rejuvenation Strategy	book	1	fitness program
Calais-Germain, Blandine	Anatomy of Movement	book	1	anatomy
Canadian Iyengar Yoga Teacher's Association	Teacher's Handbook	booklet	2	guide
Cantlay, Jed ; Hoffman, Robert	Running Together: The Family Book of Jogging	book	1	fun and fitness
Carrington, Patricia , Ph.D.	Freedom in Meditation	book	1	meditation
Carruthers, Bruce	Yoga Treatment for Chronic Fatigue Syndrome	tape	1	March, 1994
Carruthers, Bruce	Restoratives	tape	2	March, 1994
Chanchani, Swati & Rajjiv	Yoga for Children	book	1	asana
Chapman, Jessie	Yoga Postures for your Body, Mind & Soul	book	1	asana
Chapman, Jessie	Sequences for Body, Mind, Soul	Book	1	Asanas
Chopra, Deepak, M.D.	Perfect Health	book	1	beginning ayurveda
Christensen, Alice	Beginners Manual	Book	1	10-week Program-Asanas
Church, Anthea	Inner Space	book	1	philosophy
Church, Anthea	Angels	booklet	1	poetry
Cinema	Music	tape	1	
Cohen, Andrew	An Unconditional Relationship To Life	book	1	philosophy
Coles	Self Analysis Through Handwriting	book	1	handwriting analysis
Cott, Allan, M.D.	Fasting : The Ultimate Diet	book	1	fasting
Couch, Jean	The Runner's Yoga Book	book	1	asana
Cousins, Norman	The Healing Heart	book	1	autobiography
Crisp, Tony	Yoga and Childbirth	book	1	postures, breathing, and relaxation f
Crowley, Aleister	Eight Lectures on Yoga	book	1	eight limbs of yoga
Custard, Harry and Edith	Seeing Things Whole	book	1	Unity of Knowledge publication
Custard, Harry and Edith	Seeing Life Whole	book	1	Unity of Knowledge publication
Cusumano, Camille	Tofu, Temppeh, & other Soy Delights	book	1	cookbook
Cutter, Walter A. , PhD.	Accident Prevention and First Aid	book	1	first aid
Davidson, Peter	Music for Meditation	audio	1	meditation
Davis, Adelle	Let's Cook It Right	book	1	cookbook
Davis, Adelle	Let's Eat Right To Keep Fit	book	1	nutrition and how it affects how you
Davis, Adelle	Let's Get Well	book	2	nutritional program to aid recuperatio
Davis, Roy Eugene	God Has Given us Every Good Thing	book	1	autobiography
Davis, Roy Eugene	Surrendered Love, Redeeming Grace	book	1	autobiography
Davis, Roy Eugene	Easy Guide to Ayurveda	book	1	ayurveda
Davis, Roy Eugene	The Eternal Way	book	1	Bhagavad Gita
Davis, Roy Eugene	A Master Guide to Meditation	book	2	meditation
Davis, Roy Eugene	Living in God	book	1	philosophy
Davis, Roy Eugene	Science of God Realization	book	1	philosophy
Davis, Roy Eugene	The Self-Revealed Knowledge that Liberates the Spirit	book	1	philosophy
Davis, Roy Eugene	The Spiritual Basis of Real Prosperity	book	2	philosophy
Davis, Roy Eugene	Life Surrendered in God	book	4	Yoga Sutras
Davis, Roy Eugene	The Path of Light	book	2	Yoga Sutras and Kriya Yoga
Davis, Roy Eugene	Yoga Essential Teachings and Practices	pamphlet	2	postures and breath
Davis, roy Eugene	Ayurveda, An Easy Guide	book	1	copy 1
Davis, Roy Eugene	Ayurveda, An Easy Guide	book	2	copy 2
Davis, Roy E	Surrendered Love, Redeeming Grace	Book	1	Lectures
Davison, Peter	Music for Meditation	tape	1	
Day, Harvey	About Yoga Diet: the Eastern way to healthy eating	book	1	general ideas on yogic diet
Day, Harvey	Practical Yoga	book	1	better physical and mental health
Day, Harvey	About Yoga Diet	book	1	diet, food, herbs, vegetarian
Day, Harvey	The New Yoga Exercise Book	book	1	yoga exercises
Deason, Suzanne	Yoga Remedies for Balance	video	1	asana
Deason, Suzanne	Yoga Conditioning for Weight Loss	video	1	asana

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Author	Title	Descrip	Co	General Content
Deason, Suzanne	Yoga for Balance Remedies	video	1	asana
Dechanet, Father	Christian Yoga	book	1	yoga applied to a busy lifestyle
Dechanet, J.M.	Yoga in Ten Lessons	book	1	illustrated asana
Dechanet, J.M. , O.S.B.	Yoga in Ten Lessons	book	1	self teach yourself hatha yoga
Denise, B.K.Sr.	Balance and Spirituality	tape	1	Part 1
Denise, B.K.Sr.	Balance and Spirituality	tape	1	Part 2
Desikachar, T.K.V.	The Heart of Yoga:Developing a Personal Practice	book	1	
Devereux, Godfrey	Dynamic Yoga	book	1	asana
Devereux, Godfrey	15 - Minute Yoga	book	1	asanas and some of their uses
Devi, Indra	Renew Your Life Through YOGA	book	1	relaxation through rhythmic breathin
Devi, Indra	Yoga for Americans	book	2	diet, postures, recipes
Devi, Indra	Forever Young Forever Healthy	book	1	postures
Devi, Indra	Yoga For You	book	1	postures
Diamond, Edwin	The Science of Dreams	book	1	philosophy
Dixon, Jeane	The Call to Glory	book	1	talks of Jesus and Prophecy
Douillard, John	Body, Mind and Sport	book	1	mind-body guide and program
Duke, Marc	Acupuncture	book	1	acupuncture
Dunne, Desmond	Yoga Made Easy	book	1	
Dunne, Desmond	Yoga Made Easy	book	1	postures
Dunne, Desmond	Yoga for Everyman	book	1	simplified method of yoga for health .
Ebon, Martin	True Experiences in Prophecy	book	1	account of several psychic phenomena
Edgerton, Franklin	The Bhagavad Gita	book	1	translation of Gita
Edwards, Gill	Pure Bliss	book	1	art of living
Edwards, Sarah & Paul	Secrets of Self-Employment	book	1	Tips for transition from paycheque to
Edwards,Gill	Pure Bliss	Book	1	Life Lectures
Erasmus, Udo	Fats that Heal Fats that Kill	book	1	health re: fats, oils, cholesterol
Evans-Wentz, W. Y.	The Tibetan Book of the Dead	book	1	philosophy
Fahey, Thomas D.	Good-Time Fitness for Kids	book	1	psychology, exercises, injury preven
Farhi, Donna	Yoga Mind, Body & Spirit	book	1	
Fensterheim, Herbert, Ph.D. and B	Don't Say Yes When you Want to Say No	book	1	
Feurstein, Georg	Shambala Guide to Yoga	book	1	
Fields, Rick	Chop Wood Carry Water	book	1	spiritual guide
Fisher, Garth ; Allsen, Philip	Joggin	book	1	preparation and charting
Folan, Liliias M.	Liliias Yoga and You	book	1	how to book on Hatha Yoga
Folan, Liliias M.	Liliias Yoga and You	book	1	postures
Fonda, Jane	Jane Fonda's Yoga Exercise Workout	video	1	workout
Ford-Young, Nancy	Minnie: Rest in Peace Mom	book	1	dealing with death
Foulsham, W.	Raphael's book of Dreams	book	1	dream dictionary
Fraser, Tara	Yoga for You	book	1	asana, pranayama, meditation
Fraser,Tara	Yoga for You	Book	1	Asanas
Frawley, David; Lad, Dr. Vasant	The Yoga of Herbs	book	1	herbology in the ayurvedic context
Freeman, Richard	Yoga Breathing & Relaxation	video	1	asana
Freeman, Richard	Yoga with Richard Freeman	video	1	asana
Fynn	Mister God this is Anna	book	1	novel on child's awareness of God
Garrison, Omar	Tantra the Yoga of Sex	book	1	tantra
Gay, Francis	The Friendship Book	book	1	poems for every day of the year
Gharote, Dr M. & Lockhart, Maure	The Art of Survival	book	1	wholistic options
Gibson, Dan	Solitudes	audio	1	classical piano
Gibson, Dan	Sun Showers	tape	1	music
Gittelson, Bernard	Biorhythm	book	1	plotting biorhythmic curves
Golas, Thaddeus	The Lazy Man's Guide to Enlightenment	book	1	philosophy
Gordon, Ira	Human Development	book	1	psychology
Goswami, Shyam Sundar	Hatha-Yoga	book	1	asana

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Author	Title	Descrip	Co	General Content
Gould, Joan	Yoga for Health and Beauty	book	1	illustrated asana
Govinda,Anagarika	Human Dimensions	Book	1	meditation issue
Guerin	Le Yoga	book	1	asana in french
Gutheil, Emil A. , M.D.	Dream Analysis	book	1	dream analysis in psychotherapy
Guthrie, Helen Andrews	Introductory Nutrition	book	1	study of nutrition
Hall, Felicity	So you want to start yoga?	tape	1	
Hall, Felicity	So you want to start Yoga?	tape	4	
Hall, Felicity	Relaxation Message	pamphlet	1	instruction for massage
Hanh, Thich Nhat	The Sun my Heart	book	1	philosophy
Harmon, Alice J.	New Tools for Changing Behavior	book	1	psychology
Harris, Ben Charles	Eat the Weeds	book	1	food
Harvey, Andrew	The essential "Mystics"	Book	1	Poetry
Hearn, Editha	You Are as Young as Your Spine	book	1	good posture, exercises
Helmstetter, Shad	The Self-Talk Solution	book	1	affirmations
Hendricks, Gay & Hendricks, Kath	Concious Loving	book	1	art of living
Henning, Joel	Holistic Running	book	1	total guide to running
Hesse, Hermann	Siddhartha	book	1	novel about a spiritual quest
Hewitt, James	The Complete Yoga Book	book	1	breathing, posture, and meditation
Hewitt, James	Yoga	book	1	postures, relazation, breathing, med
Hewitt, James	Yoga and You	book	1	practical postures
Hilliard, Dr. Marion	Women and Fatigue	book	1	health
Himalayan Institute	Sources of Inspiration	Booklet	1	List of Publications
Himalayan Institute	Past Workshops-Available for Sale Literature	Booklet	1	Misc.Info
Hirschi, Gertrud	Mudras/Yoga in Your Hands	book	1	
Hittleman, Richard	Richard Hittleman's Yoga 28 Day Exercise Plan	book	1	
Hittleman, richard	Yoga for Personal Living	book	1	
Hittleman, Richard	30 Day Yoga Meditation Plan	book	1	asana, breath, meditation
Hittleman, Richard	Be Young with Yoga	book	1	postures
Hittleman, Richard	Introduction to Yoga	book	2	postures
Hittleman, Richard	The Yoga Way to Figure & Facial Beauty	book	2	postures
Hittleman, Richard	Weight Control Through Yoga	book	1	postures
Hittleman, Richard	Yoga 28 Day Exercise Plan	book	2	postures
Hittleman, Richard	Yoga for Personal Living	book	1	postures
Hittleman, Richard	Yoga for Physical Fitness	book	2	postures
Hittleman, Richard	Guide to Yoga Meditation	book	2	postures and philosophy
Hittleman, Richard	Yoga U.S.A.	pamphlet	1	postures
Hittleman,Richard	Yoga for Health	Book	1	Yoga routines-Recipes
Hoare, Sophy	Yoga	book	1	hatha yoga postures
Holleman, Dona	Dancing the Body of Light	book	1	asana, philosophy
Huber, David Miles	Relaxation and Meditation	cd	5	music
Huber, David Miles	Relaxation and Meditation with Music and Nature	cd	1	package of 5 cd's of music and nature
Huber, David Miles	Relaxation and Meditation	cd	1	music
Huber, David Miles	Relaxation and Meditation	cd	2	music
Huber, David Miles	Relaxation and Meditastion	cd	3	music
Huber, David Miles	Relaxation and Meditation	cd	4	music
Ingham, Eunice	Stories the Feeet Can Tell Thru Reflexology	book	1	reflexology
International Journal of Yoga Thec	Booklet	Booklet	1	Lectures and Studies
International Journal of Yoga Ther	Yoga Research and Education Center	Booklet	1	Information
Iyengar	B.K.S. Iyengar's 60th Birthday	book	1	souvenir
Iyengar	Yoga Rahasya	pamphlet	1	Iyengar Memorial
Iyengar	Souvenir Yogacharya B.K.S. Iyengar	pamphlet	1	souvenir
Iyengar Institute	To Guruji on his 80th Birthday	Booklet	1	Tribute to Iyengar
Iyengar Institute	Know Your Institute	pamphlet	1	souvenir

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Author	Title	Descrip	Co	General Content
Iyengar, B. K. S.	Yoga The Path to Holistic Health	book	1	asana
Iyengar, B.K.S.	Light on the Yoga Sutras of Patanjali	book	1	philosophy
Iyengar, B.K.S.	Light on Pranayama	book	1	pranayama
Iyengar, B.K.S.	Yoga Rahasya	pamphlet	1	80th birthday celebrations
Iyengar, B.K.S.	Certifecation/done over Phone, 1984	tape	2	
Iyengar, B.K.S.	Guruj's Birthday Message	tape	1	
Iyengar, B.K.S.	Interview over the phone	tape	1	
Iyengar, B.K.S.	Carol Cavanaugh Taped Interview	tape	1	
Iyengar, B.K.S.	Light on Yoga	book	1	revised edtion
Iyengar, B.K.S.	Light on Yoga	book	2	asana
Iyengar, B.K.S.	Iyengar His Life and Work	book	3	autobiography
Iyengar, B.K.S.	The Tree of Yoga	book	1	philosophy
Iyengar, B.K.S.	Certification/done over Phone, 1984	tape	1	
Iyengar, Geeta	Pregnancy, Menstruation, Menopause	book	1	copy 2
Iyengar, Geeta S.	Yoga A Gem for Women	book	1	asana
Iyengar, Geeta S.	Yoga in Action, Preliminary Notes	book	1	asana
Iyengar, BKS	Yoga- The Path to Holistic Health	Book	1	Asanas
Iyengar, Geeta S.	Yoga a Gem for Women	Book	1	Asanas and instructions
Jarvis, D.C. , M.D.	Folk Medicine	book	1	food supplements
Jastrow, Joseph	Freud: His Dream and Sex Theories	book	1	presentation and evaluation of Freud'
Johannesen, Shirley June	Stretch, Breathe, Relax	video	2	asana, breath
Johannesens, Shirley	Relaxation Circle	tape	1	Stretch Awareness
Johnston, Susie	Directory of Physical Activity and Exercise Programs fo	booklet	1	directory
Jones, Alex	Infinite Directions Meditations	tape	1	
Jordan, Sandra	Yoga for Pregnancy	book	2	asana for pregnancy
Jordan, Sandra	Yoga with a Partner	book	1	postures for two
Kabat-Zinn, Jon	Full Catastrophe Living	book	1	applied meditation, documented studi
Kapit, Wynn ;Elson, Lawrence	The Anatomy Coloring Book	book	2	anatomy
Kapp, M.W. , M.D.	Glands, Our Invisible Guardians	book	1	health
Karpinski, Gloria S,	Where Two Worlds Touch	Book	1	Spiritual Rites of Passage
Katasandra, Talia	Yoga for Cats	Book	1	Humorous drawings of Asanas by Cat
Kaur, Snatam, and Barquee, Thoma	The Shanti Om Experience	cd	1	
Kent, Howard	Yoga An Illustrated Guide	book	1	asana
Kerlinger, Fred	Foundations of Behavioral Research	book	1	research papers
Keyes, M.	Be Healthy With Yoga	book	1	illustrated asana
Khyentse, Dilgo	Enlightened Courage	book	1	Tibetan Buddhism
Kiss, Michaeline	Yoga for Young PYoga for Young People	book	1	postures
Kitchen, Margot	Gentle Yoga	video	2	2 - 30 minute segments of gentle asa
Kitchen, Margot	Feel Great! Do Yoga!	video	1	shows 1-4
Kitchen, Margot	Getting it Together	video	1	shows 1-4
Kitchen, Margot	Feel Great! Do Yoga!	video	1	shows 5-8
Kitchen, Margot	Getting it Together	video	1	shows 5-8
Kitchen, Margot	Feel Great! Do Yoga!	video	1	shows 9-13
Klavora, Peter & Flowers, John	Motor Learning and Biomechanical Factors in Sport	book	1	research papers
Klavora, Peter & Wipper, Kirk	Psychological and Sociological Factors in Sport	book	1	relevant papers
Kornfield, Jack	A Path With Heart	book	1	philosophy
Kornfield, Jack	Buddhism for Beginners	book	1	philosophy
Kornfield, Jack	Buddhism for Beginners	tape	1	buddha's teaching
Kraftsow, Gary	Yoga for Wellness	book	1	asana
Krebs, Gerda	Yoga Fits In	video	1	beginning asana
Krebs, Gerda	Yoga Special	video	1	Shaw Cable show of Gerda Krebs
Krishna, Gopi	Kundalini The Evolutionary Energy in Man	book	1	philosophy
Krishna, Gopi	The Way to Self-Knowledge	book	1	philosophy

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Author	Title	Descrip	Co	General Content
Krishna, Gopi	The Wonder of the Brain	book	1	philosophy
Krishna, Gopi	Three Perspectives on Kundalini	book	1	philosophy of kundalini
Kriyananda, Swami	Yoga Postures for Self-Awareness	book	1	postures for positive mental attitude
Krochmal, Arnold and Connie	Field Guide to Medicinal Plants	book	1	illustrated guide to medicinal plants
Kubler-Ross, Elisabeth	Questions and Answers on Death and Dying	book	1	addresses many issues on the death p
Kubler-Ross, Elisabeth	Death The Final Stage of Growth	book	1	philosphy, viewpoints
Kumaris, Brahma	Om Shanti	tape	2	copy
Kuntzleman, Charles	They Accepted the Challenge	book	1	novel
Lad, Dr. Vasant	Ayurveda: The Science of Self-Healing	book	1	a practical guide to ayurvedic medicin
Lama Foundation	Remember Now Be Here	book	1	philosophy
Lama, Dalai	The Heart of the Buddha's Path	book	1	philosophy
Larson,Jyothi	Yoga Mom, Buddha Baby	Book	1	Work-out for new mothers
Lasater, Judith Ph.D, P.T.	Relax and Renew	book	1	restorative asana
Lasater, Judith, Ph.D., P.T.	30 Essential Yoga Poses	book	1	For beginning students and their teac
Laughlin, Kit	Overcome Neck & Back Pain	book	1	asana
Leadbeater, C.W.	Invisible Helpers	book	1	
Lerner, Harriet Goldhor	The Dance of Intimacy	book	1	relationships
Levine, Stephen	A Gradual Awakening	book	1	
Liefmann, Dr. Robert	Arthritis Discovery	book	1	how an arthritis discovery was murd
Liefmann, Robert	The Liefmann Endocrine Balance	pamphlet	1	rheumatic and arthritic treatment
Liemann, Dr. Robert	Arthritis Is Not Forever	book	1	health
Lindlahr, Victor H.	You are What You Eat	book	1	natural foods as medicines
Lipson, Goldie	Beyond Yoga	book	3	general overview on aspects of yoga
Lipson, Goldie	Rejuvenation Through Yoga	book	1	postures
Livingarts	YogaKids	video	1	asana
Love, Sydney	Mastery and Management of Time	book	1	time management
Lozoff, Bo	Evening talk and Meditation	tape	1	
Lozoff, Bo	20 Minute Talk	tape	1	
Lozoff, Bo	After ?	tape	1	Part 4
Lozoff, Bo	Meditation, in Edmonton	tape	2	February 4, 1994
Lozoff, Bo	But Enough of Me	tape	1	
Lozoff, Bo	Interview over the phone	tape	1	
Lozoff, Bo	Afternoon Public Talk	tape	1	
Lozoff, Bo	We're All Doing Time	book	1	encouragement to find the freedom w
Lozoff, Bo	Lineage and Other Stories	book	1	novel
Lozoff, Bo	Just Another Spiritual Book	book	1	philosophy
Lozoff, Bo and Josh	Marriage and Family	tape	1	
Luby, Sue	Hatha Yoga for Total Health	book	1	asana
Luby, Sue	Yoga is for You	book	1	postures
Luscher, Dr. Max	The Luscher Color Test	book	1	psychology
Mahesh, Yogi Maharishi	Transcendental Meditation: Serenity without drugs	book	1	deep meditation technique
Marsh, Chas De Coti	Prescription for Energy	book	1	diet, food, vitamins
Martin, A.P.	Think Proactive	book	1	business
Martin, Donna	Yoga for Women	video	1	restorative asana
Martin, Donna	Creative Response to Change	pamphlet	1	psychology
Martin, Donna	Creative Selfishness	pamphlet	1	psychology
Martin, Donna	Falling in and Out of Love	pamphlet	1	psychology
Martin, Donna	If You Think You Can..	pamphlet	1	psychology
Martin, Donna	Remembering Wholeness	pamphlet	1	psychology
Martin, Donna	The Attitude of Gratitude	pamphlet	1	psychology
Martin, Donna	To Feel is to Heal	pamphlet	1	psychology
Martin, Donna	Wonderchild	pamphlet	1	psychology
Martin, Donna	Yoga for Self-Awareness	pamphlet	2	psychology

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Author	Title	Description	Count	General Content
Martin, Donna M.	Yoga for Selfawareness	Booklet	2	Asanas
Marx, Ina	Yoga and Common Sense	book	1	a guide to make you feel better
Matsen,John Dr.	Eating Alive	Book	1	Nutrition
Mawhinney, Marlene	Introductory Yoga in the Iyengar Tradition	video	1	asana
Mawhinney, Marlene	40 Day Sadhana Manual	booklet	1	asana
Mawhinney, Marlene	Class Teaching Guides	booklet	2	guide
Maynard ; Dalderis, Leanne	Do You Have a Moment?	book	1	philosophy
McCann, Beth	Resorative	cd	1	
McCann,Beth	Restorative Yoga	Book	1	restorative Yoga / Asanas
McLeod, Liz	Iyengar Interview	tape	1	
Meaux, Kia	Dynamic Yoga	book	1	asana
Medvin, Jeannine O'Brien	Prenatal Yoga & Natural Birth	booklet	1	asana, philosophy
Mehta, Gita	A River Sutra	bbok	1	
Mehta, Mira	How to Use Yoga	book	1	asana
Mehta, Mira	Yoga	book	1	
Mehta, Silva, Mira, & Shyam	Yoga: The Iyengar Way	book	1	asana
Mel, robin	A Physiological Handbook for Teachers of Yogasana	book	1	
Miller, R.	Flowering of Freedom	tape	1	Volume 1, Sutras 1-20
Miller, R.	Flowering of Freedom	tape	1	Volume 2, Sutras 21-81
Miller, R.	Flowering of Freedom	tape	1	Volume 3, Chapter 2, Sutras 1-28
Miller, R.	Flowering of Freedom	tape	1	Volume 4, Chapter 2, Sutras 28-55
Miller, Richard	Lecture Series	binder	1	booklets of lecture series
Miller, Richard	The Yoga Sutra of Patanjali	tapes	2	self-knowing in the NonDual
Miller, Richard	The Psychophysiology of Respiration	booklet	1	breath
Miller, Richard	Working with the Breath	booklet	1	breath in asana
Miller, Richard	Mudra: Gateways to Self-Understanding	booklet	1	mudra
Miller, Richard	The Breath of Life	booklet	1	pranayama
Mishlove, Jeffrey	The Roots of Consciousness	book	1	philosophy
Mishra, Rammurti S.	Fundamentals of Yoga	book	1	theory and practice of yoga
Montez, M.	Guide to Poona	pamphlet	2	city guide
Moody, Raymond A. , M.D.	Reflections on Life After Death	book	1	reincarnation
Moolman, Valrie	The Meaning of Your Dreams	book	1	decipher the dream codes
Moore, Marcia ; Douglas, Mark	Yoga Science of the Self	book	1	philosophy
Moss M.D., Louis	Acupuncture and You	book	1	explanation of theory and practice of
Namikoshi, Tory	Shiatsu Therapy	book	1	Shiatsu therapy
Nath, Amar	The Eternal Music of Nature	tape	1	
Native Flute Ensemble	Gathering of Shamen	tape	1	
Nikki, B.K.	Meditation on an active life, Transformation	tape	2	August 3, 4, 1996
Northrup, Christiane	The Wisdom of Menopause	book	1	health, anatomy
Northrup, Christiane , M.D.	Women's Bodies, Women's Wisdom	book	1	health
Norton, Suza	Yoga for People over 50	book	1	postures
O'Donnell, Ken	Raja Yoga New Beginnings	book	1	raja yoga centres and philosophy
O'Donnell, Ken	Pathways to Higher Consciousness	book	1	philosophy
Oki, Masahiro	Practical Yoga	book	1	illustrated asana
Oki, Masahiro	Practical Yoga	book	1	asana
Oki, Masahiro	Practical Yoga	book	1	posture with breath
Oki,Masahiro	Practical Yoga	Book	1	Asanas
Olson, Dr. Ken	Can You Wait Till Friday?	book	1	Psychology of hope
Pachelbel, J.	Music for Meditation	tape	1	
Padget, Desmond	Transcendental Sensuality	book	1	system of exercises for sensual exp
Pandit Usharbudh,Arya	Philosophy of Hatha Yoga	Book	1	Lecture
Parry, Kay	Iyengar Yoga Notes	book	1	asana
Paterson, Jane	Know Yourself Through Your Handwriting	Book	1	Lectures

SORTED BY AUTHOR OF MATERIAL

Author	Title	Description	Count	General Content
Paterson, Jane	Know Yourself Through Handwriting	pamphlet	1	handwriting analysis
Peale, Norman Vincent	The amazing Results of Positive Thinking	book	1	how to achieve positive thinking
Peale, Norman Vincent	Sin, Sex, and Self-Control	book	1	psychology
Pereira, Father Jo	Meditation I and II	tape	2	September 24, 25, 1997, copies
Pereira, Fr. Joe	Journey into Wholeness	video	1	volume 1 of series of 2 tapes
Pereira, Fr. Joe	Journey into Wholeness	video	1	volume 2 of series of 2 tapes
Phelan, Nancy & Volin, Michael	Sex and Yoga	book	1	asana to improve vitality
Phelan, Nancy and Volin, Michael	Yoga for Women	book	1	asana
Phelan, Nancy ; Volin, Michael	Yoga for Women	book	1	postures
Phelan, Nancy ; Volin, Michael	Sex and Yoga	book	1	tantra
Phelan,Nancy and Volin,Michael	Yoga for Woman	Book	1	Asanas
Phillips, Kathy	The Spirit of Yoga	book	1	asana, pranayama, philosophy
Piaget, Jean	Judgement and Reasoning in the Child	book	1	psychology and philosphy
Pinckney, Callan	Callanetics-10 years Younger in 10 Hours	Book	1	Exercise
Pirsig, Robert M.	Zen and the Art of Motorcycle Maintenance	book	1	novel of one man's quest for truth
Pitchford, Paul	Healing with Whole Foods	book	1	
Piuze, Suzanne ; Gendron, Lionel	Yoga and Your Sexuality	book	1	postures and anatomy
Prabhavananda, Swami	How to Know God	book	1	philosophy
Prabhavananda, Swami	The Song of God Bhagavad Gita	book	1	translation of Gita
Prabhupada, A.C. Bhaktivedanta S	Srimad Bhagavatam	book	1	philosophy of the vedas
Prabhupada, Swami	The Perfection of Yoga	book	3	Enlightenment with Krishna Conscious
Press Edition	Gray's Anatomy	book	1	anatomy
Proshansky, Harold	Environmental Psychology	book	1	research papers
Pullig-Schatz, Mary	Back Care Basics	book	1	asana
Radha, Swami Sivananda	A Women's Place in Today's World	audio	1	lecture presentation
Radha, Swami Sivananda	Fulfillment	audio	1	lecture presentation
Radha, Swami Sivananda	Yoga, Love, Sex, and Marriage	audio	1	lecture presentation
Radha, Swami Sivananda	Diary of a Woman's Search	audio	1	philosophy
Radha, Swami Sivananda	In the Company of the Wise	book	3	Kundalini, dream
Radha, Swami Sivananda	Mantras Words of Power	book	1	mantra
Radha, Swami Sivananda	Seeds of Light	book	1	motivational applied philosophy
Radha, Swami Sivananda	From the Mating Dance To the Cosmic Dance	book	1	philosophy
Radha, Swami Sivananda	Kundalini Yoga for the West	book	3	philosophy
Radha, Swami Sivananda	Realities of the dreaming mind	book	2	philosophy
Radha, Swami Sivananda	The Divine Light Invocation	book	1	philosophy
Radha, Swami Sivananda	Time to be Holy: Reflecting on Daily Life	book	1	philosophy
Radha, Swami Sivananda	Reflecting on Daily Life	book	1	
Radha, Swami Sivananda	Guru & Disciple	pamphlet	1	questions and answers on guru-discip
Radha, Swami Sivananda	Diary of a Woman's Search	tape	1	
Radha, Swami Sivananda	A Woman's Place in Today's World	tape	1	
Radha, Swami Sivananda	Fulfillment	tape	1	
Radha, Swami sivananda	Yoga, Love, Sex, and Marriage	tape	1	
Radha, Swami Sivananda	Mantras - Words of Power	book	2	mantras
Radha, Swami Sivinanda	In the company of the wise	tape	1	
Rahasya Yoga	Iyengar Yoga Festival 1998 in Pune	Booklet	1	80th Birthday Celebration
Rahasya Yoga	Iyengar Vol 6	Booklet	1	Asanas
Ram Dass	Journey of Awakening	book	1	meditation
Rama, Sri Swami	Joints and Glands Exercises	book	1	postures
Rama, Swami	Science of Breath A practical Guide	book	2	breath
Rama, Swami	Lectures on Yoga	book	1	philosophy
Rama, Swami	Yoga and Psychotherapy	book	1	psychology
Rama, Swami	Love Whispers	book	1	spiritual poetry
Ramacharaka, Yogi	Science of Breath	book	1	breath

SORTED BY AUTHOR OF MATERIAL

Author	Title	Description	Count	General Content
Raman, Krishna Dr.	A Mattter of Health	Book	1	Asanas-Lectures
Rampa, Lobsang	Wisdom of the Ancients	book	1	biography of the portion of life spent
Rampa, Lobsang	Living With the Lama	book	1	biography of the portion of life spent
Randolph, George	The Road Beyond Yoga	book	1	guide in yoga postures, meditation, b
Rao, Vijay Raghav	Moods	audio	1	melodies
Rawls, Eugene ; Diskin, Eve	Yoga for Beauty and Health	book	2	postures
Rawls, Eugene ; Diskin, Eve	Joy of Life Through Yoga	book	1	philosophy
Rawls, Eugene S.	A Handbook of Yoga for Modern Living	book	1	philosophy and asana
Rawls, Eugene S.	A Handbook of Yoga	book	1	postures and meditation techniques
Rea, Shiva	Prenatal Yoga	video	1	asana for pregnancy
Reich, Wilhelm	The Murder of Christ	book	1	philosophy
Remen, Rachel Naomi, M.D.	Kitchen Table Wisdom	book	1	philosophy
Reps, Paul	Zen Flesh, Zen Bones	book	1	overview of the Zen tradition
Rereira, Father Joe	Living with Aids	video	2	gentle asana for aids
Richmond, Sonya	Yoga and Your Health	book	1	general yoga to relax
Richmond, Sonya	How to be Healthy with Yoga	book	2	how to improve your health without c
Richmond, Sonya	How to be Healthy with Yoga	book	1	postures
Riso, Don Richard and Hadson, Russ	The Wisdom of the Enneagram	Book	1	Psychological and Spiritual Growth L
Roberts, Jane	The Seth Material	book	1	material revealed during trance state
Roberts, Jane	The Unknown Reality - Vol 2, Part 1	book	1	Seth
Robinson, John P.	How Americans Use Time	book	1	psychological analysis
Rondaji	Biomechanics of Yoga	booklet	1	asana
Rowland, Mike	Song of the Druids	audio	1	music
Rowland, mike	Song of the Druids	tape	1	
Rowland, Mike	The Fairy Ring	tape	1	
Runnalls, Robert	Basic Facts About the Herbs we Take	booklet	1	herbs
Ryan, Frank	Sports and Psychology	book	1	psychology
Sammartino, Sandra	Introductory Yoga	tape	1	
Sammartino, Sandra	"Yoga Outreach"	Booklet	1	General Information
Sammrtino, Sandra	"Yoga Outreach"	Booklet	1	Yoga in Prison-Teacher Manual
Sarasvati, Swami	Yoga	book	1	postures
Sarasvati, Swami	Yoga for Vital Beauty	book	1	postures
Sartain, North, Strange, Chapman	Psychology: Understanding Human Behavior	book	1	psychology
Satchidananda, Yogiraj Sri Swami	Integral Yoga Hatha	book	1	asana
Scaravelli, Vanda	Awakening the Spine	book	1	asana
Schaeffer, Rachel	Yoga for your Spiritual Muscles	book	1	inner life yoga
Schiffman, Eric	Yoga: The Spirit and Practice of Moving Into Stillness	book	1	poses in detail
Schindler-Rainman, Eva ; Lippitt, I	Taking your Meetings out of the Doldrums	book	1	business
Schultz, Dodi	Slimming with Yoga	book	1	yoga plan to take inches and years of
Shaktigawain	Livind in the Light	Book	1	Lectures
Sharkey, Brian	Physiology of Fitness	book	1	study of fitness
Sharma, Pandit Shiv	Yoga for Backaches	book	1	asana
Sharma, Pandit Shiv	Souvenir of Ramamani Iyengar Yoga Institute	pamphlet	1	souvenir
Sharma, Shiv Kumar	Feelings	audio	1	melodies
Sharma, Shiv Kumar	Feelings	tape	1	
Shelton, Herbert M.	Fasting can Save your Life	book	1	facts on fasting
Shultz, Dodi	Slimming with Yoga	pamphlet	1	postures
Sieg & Adams	Musculoskeletal Anatomy	booklet	1	anatomy
Simonson, Valerie	Orange Socks- How a Yuppie Goes Yoga	Book	1	Meditation
Sinclair,	Motherhood as a Spiritual Practice	Book	1	Prayers-Poems-Lectures
Singh, M. ; Govindarajulu, L.K. ; D	Fitness Through Yoga	book	2	asana, philosophy
Singh, M., Ph.D.	Fitness Through Yoga	book	1	asanas and philosophy
Singh, Mohan	Final Report on Development of Forces Mobile Command	book	1	historical, physical fitness testing

SORTED BY AUTHOR OF MATERIAL

Author	Title	Descrip	Co	General Content
Sister Denise	Balance and Spirituality	tape	3	
Sister Denise	Balance and Spirituality	tape	4	
Sister Denise	Balance and spirituality	tpe	1	
Sister Denise	Balance and Spirituality	tape	2	
Sister Kiran	How to make meditation simple	tape	1	June 11, 1997
Sivananda Yoga Vedanta Centre	Yoga Mind and Body	book	1	concise coverage of yogic disciplines
Skills Program	Leadership	booklet	1	guide
Skills Program	Volunteers Working Together	booklet	1	guide
Smith, Bob and Linda	Yoga for a New Age	Book	1	Asanas
Spring, Calra; Goss, Madeleine	Yoga for Today	book	1	postures
Sri Aurobindo	Savitri	Book	1	Epic Poetry
Steadman, Alice	Who's the Matter With Me?	book	1	What is the Sickness telling me about
Stearn, Jess	Yoga, Youth, and Reincarnation	book	2	hatha yoga postures
Stewart, Mary	Yoga Over 50	book	1	asana
Stiefvater, Dr. Eric H.W.	What is Acupunture?	book	1	acupunture
Stiles, Mukenda	Structural Yoga Therapy	book	1	Adapting to the Individual
Strang, Ruth	The Adolescent Views Himself	book	1	psychology
Strunk, William	The Elements of Style	book	1	grammar
Surinder,,Anand	Yogic Cure for Hair	Book	1	Asanas
Surinder,Anand	Yogic Cure for Urinary-Seminal disease	Book	1	Asanas
Surinder,Anand	Yogic Cure for Common Cold,Cough and Catarrh	Book	1	Asanas
Suzuki,Shunrya	Zen Mind-Beginners' Mind	Book	1	Lecture
Swami Veda Bharati	Beginning Meditation	Booklet	1	Guide to Meditation(Himalayan Institu
Swami Veda Bharati	Shri Vidya	Booklet	1	Introduction-Lecture (Himalayan Inst
Swami Veda Bharati	Mantra- What and Why	Booklet	1	Lecture (Himalayan Institute)
Swami Veda Bharati	Yoga and Married Life	Booklet	1	Lecture (Himalayan Institute)
Swami Veda Bharati	5 Pillars of Sadhana	Booklet	1	Lecture (Himalayan Institute)
Swami Veda Bharati	Contemplative Walking	Booklet	1	Lecture (Himalayan Institute)
Swami Veda Bharati	My Meditation Hut	Booklet	1	Lecture (Himalayan Institute)
Swami Veda Bharati	Yoga: Polity,Economy and Family	Booklet	1	Lecture (Himalayan Institute)
Swami Veda Bharati	Special Mantras	Booklet	1	Lecture(Himalayan Institute)
Swami Veda Bharati	The Perennial in the Millenium	Booklet	2	Lecture(Himalayan Institute)
Swami Veda Bharati	Himalayan Tradition of Meditation	Booklet	2	Lectures
Swami Veda Bharati	Silence	Booklet	1	Lectures (Himalayan Institute)
Swami Veda Bharati	Revelries in Song	Booklet	1	Poems (Himalayan Instutute)
Swami Veda Bharati	Divine Mother	Booklet	1	Poetry-Prose (Himalayan Institute)
Swami Veda Bharati	Mantra- After initiation	Booklet	1	Lecture (Himalayan Institute)
Swenson, David	Ashtanga Yoga The Practice Manual	book	1	asana
Swenson, David	Yoga "The Practice"	video	2	2 hour entrance tape to ashtanga yoga
Swenson, David	Yoga : Short Forms	video	1	ashtanga
Swenson, David	Just Relax	video	1	ashtanga relaxation
Taylor, A.W. , Ph.D.	The Scientific Aspects of Sports Training	book	1	increase your sports effectiveness
Taylor, Renee	the Hunza-Yoga Way to Health and Longer Life	book	1	
Taylor, Renee	The Hunza-Yoga Way to Health and Longer Life	book	1	diet,exercises, and relaxation as per H
Taylor, Renee	The Hunza-Yoga Way to Health and Longer Life	book	1	postures, diet, food, relaxation
Thera, Nyanaponika	Mudita The Buddha's Teaching on Unselfish Joy	book	1	four essays
Thomas, W.I.	The Unadjusted Girl	book	1	behavior analysis
Tigunait, Pandit Rajmani	Disarming the Mind	audio	1	meditation
Tolle, Eckhart	The Power of Now	book	1	
Turner, Gordon	An Outline of Spiritual Healing	book	1	how spiritual healing works
U of A	Abstracts	pamphlet	1	physical fitness and occupational per
Ursuliak, Zena	Dakini Yoga	cd	1	asana - beginner
Vallyon, I.G.	Wisdom Tapes	tape	5	#914-918

SORTED BY AUTHOR OF MATERIAL

Author	Title	Descrip	Co	General Content
Van der Geisein, Mathew	Musculu Skeletal Anatomy	video	2	volume 1 of series of 2 tapes
Van der Geisein, Mathew	Musculu Skeletal Anatomy	video	2	volume 2 of series of 2 tapes
Van der Giessen, Mathew	Musculoskeletal Anatomy	video	3of	anatomy
Venkatesananda	Enlightened Living	Book	1	Lecture
Victoria Yoga Centre Newsletter	Victoria Yoga Centre Newsletter	Journal		see stacks
Vishnudevananda, Swami	The Complete Illustrated Book of Yoga	book	1	postures
Vogel, Dr. A	Guide to a Healthier Heart and Circulatory System	pamphlet	1	health
Vogel, Dr. A.	Health and Well-Being - a gift of nature	booklet	1	herbs
Volin, M. ; Phelan, N.	Yoga for Beauty	book	1	how to stay young in body and spirit
Volin, Michael ; Phelan, Nancy	Yoga Over Forty	book	1	postures
Walden, Patricia	Yoga for Beginners	video	1	asana
Wallace, Robert	Scientific Research on Transcendental Meditation	pamphlet	1	charts from scientic research proving
Ward, Tara	Meditation & Dreamwork	book	1	newage expanding exercises
Weil, Andrew	Eating Well for Optimum Health	book	1	diet, health
Weller, C. M.D. ; Boylan, B.	How to Live with Hypoglycemia	book	1	all about hypoglycemia
Weller, Stella	Yoga Therapy	book	1	asana for healing
Weller, Stella	The Yoga Back Book	Book	1	Asanas- Lectures
Weller, stella	yoga Therapy	book	1	restorative
Wenig, Marxha	Yoga Kids	dvd	1	
Widdowson, Rosalind	Yoga Made Easy	book	1	asana
Wiggins,Louise	Yoga-First Step Series	Book	1	Asanas
Wigmore, Dr. Ann	Recipes for Life	book	1	recipe book
Williams, Paul	Buddhist Thought	book	1	philosophy
Winfrey, Oprah	Yoga on the Oprah Show	video	1	Oprah's television show
Winthrop, Sargeant	The Bhagavad Gita	book	1	Sanskrit, transliteration, and translat
Wood, Ernest	Yoga	book	1	philosophy
Worthington, Vivian	A History of Yoga	book	1	introduction to yoga
YAA	Muskuloskeletal Anatomy	booklet	2	anatomy
YAA	Guruji	video	1	lyengar teaching a class
Yee, Rodney	Yoga for Energy	video	1	asana
Yee, Rodney	Yoga for Intermediates	video	1	asana
Yee, Rodney	ABS Yoga for Beginners	video	1	asana for strong back
Yee, Rodney and Walden, Patricia	a.m. Yoga p.m. Yoga	video	1	2 vidoes - one for morning, one for e
Yee, Rodney and Walden, Patricia	Yoga for Relaxation	video	1	asana
Yesudian, S & Haich, Elisabeth	Yoga and Health	book	1	asana
Yesudian, S & Haich, Elisabeth	Self Healing, Yoga & Destiny	book	1	philosophy
Yesudian, Selva Raja; Haich, Elisat	Sport Und Yoga	book	1	german
Yesudian, Selva Raja; Haich, Elisat	Raja-Yoga	book	1	philosophy in german
Yoga 4 EveryBody	Yoga 4 EveryBody	journal		see stacks
Yoga Circle	Asana I	pamphlet	1	asana
Yoga International	Yoga International	Journal		see stacks
Yoga Kuranta	Exploration in the use of wall ropes	Booklet	1	Techniques illustrated
Yoga Place	Laminated Sequences	Folder	1	Backache,Headache and Menstrual Ro
Yogananada, Paramahansa	Autobiography of a Yogi	book	3	autobiography of Paramahansa Yogana
Yogananda, Paramahansa	How You Can Talk With GOD	book	1	philosophy
Yogendra, Shri	Yoga Hygiene Simplified	book	2	Yoga hygiene
Young, Winnie	Basic Yoga Asanas	pamphlet	1	asana
Zebroff, Kareen	Advancing with Yoga and Nutrition	book	1	asana, nutrition, and meditation
Zebroff, Kareen	The ABC of Yoga	book	1	postures
Zebroff, Kareen	Yoga and Nutrition	book	1	postures,food, vitamins, breath
Zebroff, Kareen & Peter	Yoga for Happier Children	book	2	illustrated asana for children
Zebroff, Karen	The ABC of Yoga	Book	1	Asanas
Zebroff, Karen	Beauty Through Yoga	book	2	slim and trim in fourteen days

SORTED BY AUTHOR OF MATERIAL

Author	Title	Description	Count	General Content
Zorn, William	Body Harmony The Easy Yoga Exercise Way	book	1	postures
Zorn, William	Illustrated Yoga	book	1	postures
	An Explanatory Book of the Newest Illustrations of Acup	book	1	acupuncture
	Sheba's Dream Book	book	1	dream dictionary
	Psychology and the Behavioral Sciences	book	1	research papers
	Yoga: The key to a fuller and more satisfying life	book	1	study of yoga
	I Bow to the Light Within You	booklet	3	asana, poetry
	Yoga Practice Appropriate for Women during Menstruat	booklet	1	restorative hatha yoga
	Harvard Business Review	booklet	1	theory
	Flaghouse	catalogue	1	sport equipment catalogue
	Endocrine Glands	illustrati	1	illustration of glands
	Reaching Out With Yoga	mag	1	fall 1999 magazine
	Siddha Yoga	pamphlet	1	1996 calendar
	The Healing Mind	tape	1	
	Yoga Teacher Meeting	tape	1	
	Yoga Teacher Meeting	tape	2	
	Yoga Teacher Meeting	tape	3	
	Yoga Teacher Meeting	tape	4	
	yoga Teacher Meeting	tape	5	
	Yoga Teacher Meeting	tape	6	
	Cleaning the Mind of Unwanted Thoughts	tape	1	