



The Chaithanya Yoga School Shop

Services and Products sold here are aiding
YOUR overall Wellbeing



Some of the proceeds go to the Charity "Shanti Madom Trust" in India.

SERVICES AND PRODUCTS. GIFT VOUCHERS AVAILABLE.

- Sound Massage with Singing Bowls (1hr/£40 or 40min/£25)
- 1-1 Yoga (1hr/£40)
- Homeopathy Consultation (1hr, £40)
- Singing Bowl for Healing, Relaxation and Wellbeing (£175)
- Home cleansing with Sound (Singing Bowl, Voice)



BODY & HEALTH

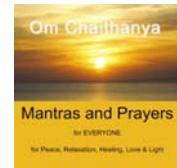
Organic hand-made herbal Soaps, £2

Organic, herbal tea for blood purification, £5

Neti Pot, £5 (Neti Pot = Nasal Douche – used by yoga practitioners or people who suffer from cold sinusitis, blocked nose, headaches etc)

Ayurvedic "Tusker Balm" helps to relieve headaches and joint pains, £2.50

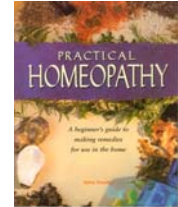
Homeopathic Remedy "ARR", £6; (*see below for description*)♦



CDs

Yoga for Pregnancy (exercises, breathing techniques, and relaxation), £10

Mantras and Prayers chanted by Kamal (for your yoga practice; meditation, relaxation; wellbeing) £7



BOOKS

Homeopathy for Beginners, £5

Books by Swami Atmachaitanya:

Path of Wisdom, £5; Jewels of Spiritual Thoughts, £3; Book on Ayurveda, £12

PAINTINGS

Original Paintings by Swami £100-£300

Cards (incl. envelopes) - of a selection of Swami's paintings, £1.20



JEWELLERY & MEDITATION

Rings & Pendants, £15

Malas/Necklaces, £5-£25 (for concentration/meditation practice & healing)

Bracelets, £5



YOGA/RELAXATION/MEDITATION/GENERAL

Shawls – can be used for meditation or relaxation, £7-£10

T-Shirts, £7

Yoga Mats, £16

Bags: Shoulder bags, £15; small bags, £2.50-£5



MEDITATION, PRAYER & WORSHIP

Oil lamp, £5

Deity Statues, £3-£20

Deity Posters and small prints, photo of Jesus Christ, £2.50-£7.50

YANTRAS - sacred geometrical drawing of a specific high vibration, £10.

Hand-made Yantras by Swami containing His divine energy (Shiva, Trayambakam,

Sudarshanam/Krishna Yantras) - £40. Yantras will have a positive effect when you place it

(hang it up or stand it) in your home. *All Yantras sold at the Chaithanya Yoga School have had special Puja performed by Swami in the Ashram in India (Puja is a ceremony performed by a saint or priest to bring down/harness a specific divine energy).*

Venue: 23 Parbury Rd, SE23

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♦The following description is given by Marie Ingham, Qualified Homeopath: "ARR" is a combined homeopathic remedy. It is very useful after extreme physical exertion. It cuts down on the tendency to stiffness and pain. Its main use is for muscle, ligament & joint injuries anywhere in the body. Arnica helps for bruising and muscle damage, Ruta for Ligament damage and Rhus Tox for inflammation from injury, particular joints. As a combination remedy it is perfect for your First Aid Box (safe also for children). As a general rule take immediately after any injury, then twice daily for 7 days.