

inspired by
Yogacharya B.K.S. Iyengar
19.07.11

DEAR FRIENDS OF YOGA

The Iyengar approach to hatha yoga makes frequent use of different kinds of props. Necessary objects like blocks, chairs, blankets and belts that help you to adjust yourself to the different postures so that you can work in a range of motion being safe and effective for you. During this learning process you will increase your body awareness. Often in conventional forms of yoga practise people hold their breath while exerting themselves. While working with props, you will learn to control your breathing in a relaxed and modulated way in order to provide focus in the different postures. Learning to do this is properly the gateway to many of the mental and spiritual benefits of hatha yoga.



Try our self developed pelvic swing. For learning the movement in the Asanas and for relaxation. *You will enjoy it.*
For special requests, questions for the use of the props don't hesitate to contact us at any time.
Please watch our

Yoga prop Shop & Yoga classes in the web

www.yogamatsandprops.com

For orders: versand@jivanaprops.eu

E-mail: info@jivanaprops.eu

Enjoy practising with JivanaProps - the fine yoga equipment
your JIVANAPROPS team & Ralf S. Schütt

Managing Director

JivanaProps® THE FINE YOGA EQUIPMENT

☎ orders: **0049 5171- 41140**
☎ Question & technical information: **0049 5171- 41122**
📠 Fax **0049 5171- 7699225**

✉ Bleicherwiesen 6 D - 31224 Peine

Yogaprop Shop & Yoga classes in the web

www.jivanaprops.eu

or

www.yogamatsandprops.com

For orders: shipping@jivanaprops.eu

E-mail: info@jivanaprops.eu

Bank routing code : 252 500 01 Kto No : 102 764 933

Kreissparkasse Peine

BIC: NOLA DE 21 PEI

Our service

Do you have any questions about using YOGA PROPS or the arrangement of yoga rooms ?

Would you like to learn more about using YOGA PROPS ?

Then visit our Iyengar yoga classes

Conditions of sales and delivery

- All prices include value-added tax (19 %) VAT.
- No VAT for EC-customers with VAT - identity number.
- No VAT for all other countries.

Shipping: Please ask for shipping prices. It depends on the weight and the country.



Terms of payment :

Please pay by credit card.

We accept VISA, Mastercard and **American Express**.

If you have no credit card you have to prepay before delivery.

In this case please **all payments documentary credits, drafts and documents should be directed to:**

Bank routing code: 252 500 01 Kto No : 102 76 49 33

Kreissparkasse Peine

BIC: NOLA DE 21 PEI

VIA Norddeutsche Landesbank Girozentrale

SWIFT-address: NOLA DE 2H

- The product remains up to the complete payment our property.
- notice of defect within 10 days after receipt.
- Bulk discount on inquiry or discount is demand.
With this price list all others loose their validity.

The colors of the the article 01 Bag; 06; 07; + 09 , as well as at the yoga blankets are subject to change!
all dimensions are in cm

STARTER - KIT

Four-part in subtle color:

- 1 yoga mat Wave or Jivana 01-50.../01-55...
- 2 foam blocks 03-13...
- 1 eye bag 05-...
- 1 yoga belt 3 x 190 cm 02-10



16-capri (red) with one Wave

16-azur (blue) with one Jivana without strip

16-sunshine (yellow) with one Jivana without strip

16-skyblue (blue) with one Jivana without strip

16-mix - color is free eligible Set **38,50 €**

Other foam blocks or belt are with surcharge!

Six-part with 16-... and then:

- 1x shoulderstand blocks - set,
- 1x yoga blanket Pandara 10-30 to 10-31



17-capri (red) with red Pandara 10-30

17-azur (blue) with blue Pandara 10-31

17-sunshine (yellow) with red Pandara 10-30

17-skyblue (blue) with blue Pandara 10-31

17-mix - color is free eligible Set **78,50 €**

Other foam blocks, belt or blanket with surcharge!

05 EYEBAG for relaxation of the eyes

9 x 20, approx. ca. 150 gr. Weight
soft cotton velvet, rice filled

05-10 red 05-11 blue 05-12 green

6,40 €



soft silk, abadable cover

05S-10 red 05S-11 blue 05S-17 yellow

05S-12 green-blue 05S-13 orange

10,20 €



EYE-BANDAGE

23bl blue

5,15 €

for Pranayama to relaxation for eyes an head.
(8 cm x 5 m)



YOGA-SOCKS

The sock with separate big toe for the correct yoga position. (It is perfect with flip-flop.) The sock is designed for right and left foot. With 100% silicone printing. It improves exercise performance.



19,95 €

	red/ orange	anthrazit/ silver	violett	blue/white	white/ silver
S (34-37)	60-10-S	60-14-S	60-19-S	60-11-S	60-15-S
M (38 - 41)	60-10-M			60-11-M	60-15-M
L (42 - 45)	60-10-L			60-11-L	60-15-L

01-99 YOGA-MATBAG

For the yoga mat we offer the practical bag,
aus 70 % cotton and 30 % nylon,
colours sand with border:

01-99-bl = blue

EUR 13,50



New – New – New

YOGAMAT BALI

The BALI mat offers an excellent grip and through it's soft but firm surface the imprint of your hand or foot may be seen for a short while.



Summary: Sticky type mat; Machine washable 40 degrees (do not spin). ÖKO-TEX 100.

Size: ca. 185 x 60 cm, 4,7 mm thick.

d = ca. 0,46 cm	1,85 m 17,90 €	2,00 m 19,35 €	2,10 m 20,30 €	roll 30 m 229,30 €
maronred width 60 cm 01-85-10-...	...-185	...-200	...-210	01-85-10R
yellow width 60 cm 01-85-17-...	...-185	...-200	...-210	01-85-17R
pink width 60 cm 01-85-31-...	...-185	...-200	...-210	01-85-31R

WAVE* 183 x 61 x 0,35 Designed by JivanaProps*
nonskid, washable.

01-50-70 orange¹ **EUR 15,95**

Special offer 12 pieces in a box

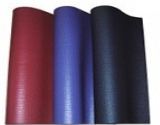
01-50-70box orange¹ **EUR 169,95** * mit JivanaProps Logo



New – New – New

YOGAMAT BHAGA The BHAGA mat offers an maximum grip and cushioning at wonderful price. Summary: Sticky type mat; Machine washable 40 degrees (do not spin). ÖKO-TEX 100.

Size: ca. 183 x 60 cm, 4,5 mm thick. **EUR 37,50**



01-80-10 dark-red, 01-80-19 dark-purple,

01-80-11 dark-blue

FOAM BLOCK 200 g EUR 7,50

7,6 x 14 x 23, 45-50 C shore
Very light weight/bevelled edges 8 mm



03-130 burgund red 03-135-sand

03-131 blue 03-137-sunshine

03-133 orange 03-138 skyblue

03-10 WOODEN BLOCK

7 x 12 x 23 spruce wood
all edges rounded, ca. 0,9 kg

EUR 12,40



03-12 WOODEN BLOCK

7 x 12 x 23
spruce plywood, hollow edition, light weight
only ca. 370 gr.

EUR 13,50



03-65 QUARTER BLOCK WOOD

¼ SPRUCE WOODEN BLOCK, 32 x 9 x 11 cm

EUR 13,50



03-60 QUARTER BLOCK CORK

¼ Corkblock larger seating, no tilt,
better stability

EUR 12,60



03-35 CORK WEDGE

60 x 9 x 3 cm

EUR 12,90



03-30 WEDGE

pine wood 3 x 10 x 60 cm,

EUR 14,50



11 SHOULDERSTAND BLOCKS

recycled foam 160 g/cm³
7 x 30 x 40; set 2 pieces

EUR 23,60



The color of the foam can be different from foto.

03-20 CORKBLOCK

7 x 12 x 23
super light weight, high compressed, all edges rounded

EUR 9,25 / piece

EUR 16,95 / pair pieces



03-25 Big-CORKBLOCK

10 x 15 x 23
EUR 13,90 / piece

EUR 25,95 / pair pieces

03-51

BIG BACKBENCH

Measurements:
132 x 45 x 45 cm
with tutorials

EUR 295,00



03-50 SMALL BACKBENCH

An aesthetic construction in beech plywood
lubricated;
with flyer showing practise exercises.

measure: 45 x 35 x 22 cm EUR 103,10



03-40 HEARTBENCH

beech ply wood, light an aesthetic finished,
with tutorial

measure: 70 x 15/28 x 8 cm EUR 67,60



18-110 BACKBENCH with hart foam core

inside, covered with artificial leather
dimension: 45 x 35 x 22 cm
Color in campary red

EUR 102,50



NEU NEU NEU

03-100 PUNE-PFERD RED-PRUCE WOODEN
EUR 580,00



YOGACHAIR-TOP QUALITY

YOGA-CHAIR modified chair specially for
frame. (flipped open) ca. 80 cm
colours:

19dbl dark blue 19w white

19s silver 19sw black

EUR 26,50



19-50 YOGA CHAIR BACK

Easy to put on. You get a usual chair to sit very
comfortable. Colour: granit
Made in Germany.

EUR 24,50



19-Set YOGACHAIR WITH CHAIRBACK EUR 45,00

Developed by JivanaProps®

12-1 ROPE - SET 1 EUR 79,90

for passive inversions, standing poses,
backbendings etc. simple to fix on the
wall.

includes:

- 2 polyethylen ropes with grip knots in white
- 2 U-rails an complete fitting material, as well as assembly instructions an flyers with practise exercises.



INVERSION SWING

Wall and ceiling fixing possible!
Comparable with JivanaProps®

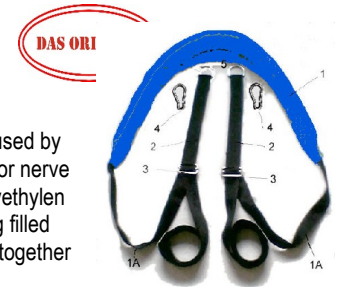
Rope Set 1 + 2

Can relieve lower back pain caused by
muscle spasms, disc problems or nerve
compression; 40 mm x 5 m polyethylen
strap in black, middle part swing filled
with foam. To fix on a ceiling or together
with two snap hooks.

EUR 59,80

12-31 blue;

12-32 black;



Special offer rope rail set 1 plus Pelvic swing!

EUR 134,00

12-51 blue

12-52 black

12-55 white

12-53 campari-red

12-54 mango

Additional rope for rope set 1

12-12 ROPE-SET 1 one pair of rope
with two eye rings to fit on rails

EUR 39,90



12-2 ROPE-SET 2 2 Polyethylen ropes
with handle and 2 pcs ring screws with big
moveable eye

EUR 43,50



BELT 40 MM WITH HANDLE KNOTS

12-38

EUR 16,00/ 1 piece

12-381

EUR 30,70/ 2 pieces



Accessories



26 YOGA TIMER Ideal for timing your yoga practise and meditation. Big displa, battery saving through automatic switch off. Agreeable sound. Adjustable up to 99 min. Silver colour. Measurements: 6,5 x 7 cm.

EUR 3,00



SPRING HOOK

32-8 8 mm

EUR 2,10

32-10 10 mm

EUR 2,30

34 M 10 eye-ring, with hammer screw and disk

EUR 5,50



Rope made from PE in white. 10 mm thick approx. Length 90 cm with handle knot.

12-70 EUR 16,00 /1 piece

12-701 EUR 30,70 /2 pieces



31-1 ring srew with big moveable eye
EUR 6,70

The plugs are not for ceiling fixing!

31-2 for fixing ceiling ring screw with big moveable eye

D=44 mm EUR 7,10



Cleansing tools (Kriya)

39-2 NETI POT (plastic)

EUR 5,00

39 NETI POT (PORCELAIN)
white (39-15) or yellow (39-17)

EUR 14,75

20 TONGUE CLEANER 2 pieces

EUR 5,20

00-10 KAPOK natural material to refill the pillows

Minimum purchasing quantity 5 kg!

5 kg EUR 56,75

10 kg EUR 100,60

Ultralarge quantity ask specifically.



YOGA-BELT in different extent, cotton white, with solid brass plated buckle.

3 cm wide, with solid golden clasp.

02-10 length 1,90 m EUR 6,90

02-11 L length 2,40 m EUR 8,15

02-13XL length 2,90 m EUR 10,20

02-20XXL length 3,20 m EUR 11,50



YOGA-BELT 4 cm wide

02-41 length 2,40 m EUR 8,50

02-43 length 2,90 m EUR 10,50

02-45 length 3,20 m EUR 11,80

02-12 YOGA-BELT with two buckle on both ends

3 x 100 cm

EUR 7,20



YOGA BLANKET mixed textiles minimum mind. 60% cotton, solid finish size: 150 x 200 cm, 450 g/m², „YOGA“-inscription on yellow background.

10-10 red

10-11 blue EUR 23,00



YOGA BLANKET Pandara

100 % cotton 450 g/m²

ca. 160 x 220 cm;

10-30 red **10-31** blue **10-35** white

EUR 20,90



06 BOLSTER Ø 25 x 60 cm

ca 1,8 kg kapokfilling,

Inlett and duvet cover handmade!

06ro red **06bl** blue

06or orange **06sw** black

06ws white **06tü** turquoise

06lgr green **06ge** yellow

EUR 52,40

06 A BOLSTER COVER colours like article 06.

EUR 14,50



09H HALF MOON-PILLOW

ca. 55 x 30 und 12 cm high, with corkgranulat- or spelt, closed with zipper colour like Art. 06

EUR 29,00



09A SITTING PILLOW

ca. Ø 30 x 16 - 18 high, with corkgranulat- or spelt, (please specify by order) in cottoncover with sideway zipper and carrying handle.

Colours like Art. 06 EUR 33,00



Different combinations of colours are possible!

07 PRANAYAMA-PILLOW – with cotton inlet

(for Pranayamas or as back base)

approx. ca. 70 x 20 x 12 with corkfilling.

07ro red **07bl** blue

07ws white **07or** orange

07sw black

EUR 29,90



07C PRANAYAMA-PILLOW with Cork-filling or spelt (please specify by order) Colours like Art. 07

EUR 22,70

SANDBAG - LITTLE, with grainy sand, weight ca. 2,50 kg, 17 x 28 cm, cotton inlet with duvet cover:

With one carrying handle

04-10 red **04-11** blue EUR 14,50

With two carrying handle

04-10-2 red **04-11-2** blue EUR 20,50



SANDBAG - BIG, with grainy sand, weight ca. 4,50 kg, 17 x 38 cm, cotton inlet with duvet cover:

With one carrying handle

04-20 red **04-21** blue EUR 16,80

With two carrying handle

04-20-2 red **04-21-2** blue EUR 22,80



Without sand filling 1,50 EUR discount – that less shipping cost!

JIVANA (without AZO-dye stuffs)

ca. 183 x 61 x 0,35 - 0,4 cm

This yoga mat have a excellent grip and is sticy.

Washable 40° C.

01-55-11-0 skyblue 01-55-17-0 sunshine EUR 15,50

With stripe in the middle **01-55-17-1 sunshine EUR 16,15**

12er Box without stripe

01-55-11box skyblue 01-55-17box sunshine EUR166,40

12er Box with stripe

01-55-17box-1 sunshine EUR174,20



YIN&YANG-STANDARD-MAT

Yogamat soft and nonskid. Size: 183 x 61 x 0,4 cm. Azo – colour and Diocetylphthalat DOP free. Washable 40° C

01-930-11 blue 01-930-31 purple EUR 17,50

01-930-21 aqua 01-930-51 pink EUR 189,95

12pcs. Packs only

01-930-10 blue 01-930-30 purple 01-930-20 aqua

01-930-50 pink 01-930-34 mixed



WARRIOR MAT WATERFALL

thick 183 x 61 x 0,6cm

01-95-11 EUR 23,00

STANDARD-YOGAMAT

with different width – 2,5 mm or 4,6 mm

as roll or different lengths

Standard-mat d = 0,25 cm	1,76 m 16,50 €	1,90 m 17,85 €	2,00 m 18,75 €	2,10 m 19,70 €	roll 30 m 200,85 €
light blue width 60 cm 01-12-...	...-176	...-190	...-200	...-210	01-12R
dark blue width 60 cm 01-22-...	...-176	...-190	...-200	...-210	01-22R
violett width 60 cm 01-32-...	...-176	...-190	...-200	...-210	01-32R
dark green width 60 cm 01-42-...	...-176	...-190	...-200	...-210	01-42R

Standard-mate d = 0,46 cm	1,76 m 17,50 €	1,90 m 18,90 €	2,00 m 19,90 €	2,10 m 20,90 €	roll 30 m 249,00 €
dark blue width 60 cm 01-25-...	...-176	...-190	...-200	...-210	01-25R
violett width 60 cm 01-35-...	...-176	...-190	...-200	...-210	01-35R

New – New – New

JADE-YOGAMAT

(ca. 188 cm long, 61 cm wide, 0,50 cm thick)

The JadeYoga™ Harmony Professional

yogamat with maximum grip.

Material: 100 % natural gum.



01-100-19 purple

01-100-13 tibetan-orange

01-100-11 darkblue

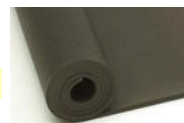
01-100-10 sedona-red

EUR 67,50

01-65 NEW BLACK (EXTRA THICK)

very tough and robust

183 x 67 x 0,7 cm, colour: anthrazit **EUR 31,95**



01-65L NEW BLACK LONG (EXTRA THICK)

215 x 67 x 0,7 cm, colour: anthrazit **EUR 39,00**

01-515 Travel-YOGAMAT 187 x 60 x 0,1 cm

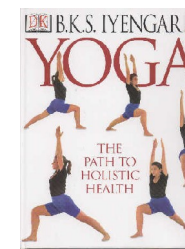
very light weight, antiskid, washable until 60 °C.

colour: silver

EUR 6,90



(with minimum space requirements)



The ultimative book for teaching and practising !

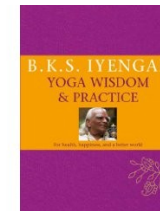
Contence:

1. Yoga for You;
2. Philosophy;
3. Asanas for You
4. Yoga against Stress;
5. Yoga Ailments;
6. Iyengar Yoga classes

B011 EURO 29,95

A4 size, hardcovered, 415 pages

YOGA WISDOM AND PRACTICE



Through the writings, experiences, and philosophy of the world's greatest living yoga guru and teacher, discover what yoga can do for you.

B033 EURO 18,20

BOOKS BY RAY LONG, MD, FRCSC

Combine modern western science with the ancient art of Hatha Yoga. Master the science behind the hip openers and forward bends of Hatha Yoga. Dr. Rai Long guides you on a visual narrative through the anatomy, biomechanics and physiology of this ancient art, decoding each pose along the way. The Mat companion series provides you with beautifully illustrated, step-by-step instructions on how to use scientific principles to obtain the maximum benefit from your practice. Each book includes the Bandha Yoga Codex, a simple five-step process that can be applied to any pose to improve strength, flexibility and precision - no matter what style of yoga you practice.

Ray Long is a board-certified orthopedic surgeon and the founder of Bandha Yoga. He is the author of the bestselling Scientific Keys series, which includes **The Key Muscles of Yoga** and **The Key Poses of Yoga**.

