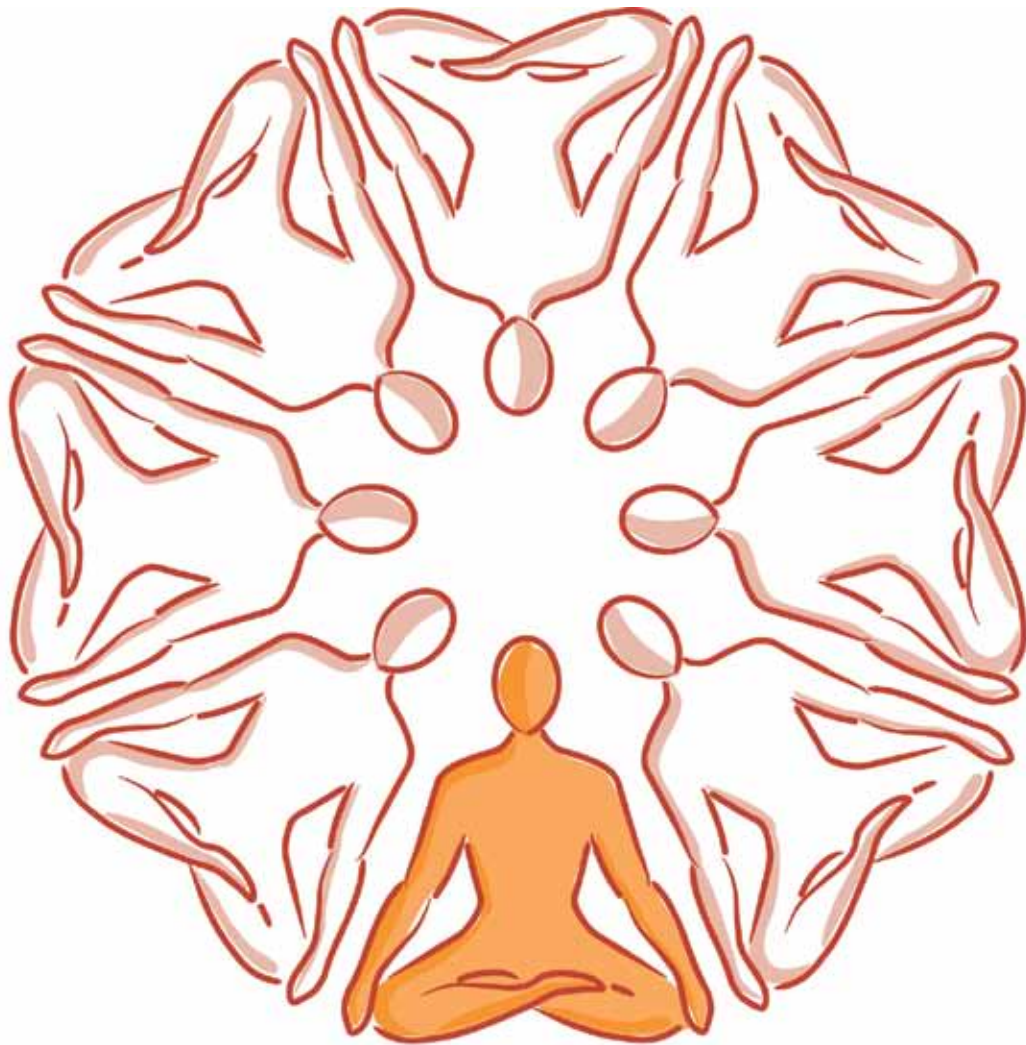


BWY-SHOP.co.uk

The yoga equipment shop for The British Wheel of Yoga



THE BRITISH WHEEL OF
YOGA™

2011

FOREWORD

The BWY-Shop is the official yoga equipment shop of the British Wheel of Yoga, the UK's largest Yoga organisation. The British Wheel of Yoga is Sport England's Recognised National Governing Body for Yoga and has been a registered charity for more than 30 years [Charity Reg. No. 264993].

Supporting the BWY and its Members

The BWY-Shop is run under contract from the British Wheel of Yoga by T.L. Elliott & Co Ltd to provide a service to BWY Teachers, members and yoga students. The BWY-Shop donates 10% of its sales proceeds* to the British Wheel of Yoga to help in its efforts to promote yoga in the UK.

Member Benefits

- Members of the British Wheel of Yoga are entitled to 10% off all products sold by BWY-Shop

Teacher Benefits

- British Wheel of Yoga Teachers & Trainee Teachers benefit from preferential wholesale prices - please ask for a wholesale prices list quoting your BWY Teacher number. BWY teachers can also apply for online wholesale accounts at www.bwy-shop.co.uk

We hope you enjoy the catalogue and wish you a rewarding practice.

* 5% donated on wholesale orders.



THE BRITISH WHEEL OF
YOGA®

For further information regarding
The British Wheel of Yoga please visit
www.bwy.org.uk or call 01529 306851

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GENERAL INFO

How to Order

Telephone: Call 01386 859553 between Monday to Friday 9am - 5.30pm
Internet: Visit our secure online shop

www.bwy-shop.co.uk

Payment: We accept Maestro, Delta, Solo, Electron, Paypal, Mastercard, and Visa as well as personal cheques for mail order.

Contact Us:

Telephone: 01386 859553
Email: customer@bwy-shop.co.uk or fax us on 01386 859350

At the BWY-Shop we offer yoga mats to suit every style of yoga. A yoga mat is central to one's yoga and choosing the right one to suit your practice can make a lot of difference!

NATURAL RUBBER TREE MAT 4MM

The Tree Mat is made from dry Natural Rubber from the Hevea Brasiliensis tree, on a 100% cotton mesh. Natural rubber and cotton are degradable, natural and sustainable making this our most ecologically sound yoga mat. The Tree Mat also has the best grip of all our mats, which combined with good shock absorption and abrasion resistance make this the best mat available.



SIZE 183cm x 60cm x 4mm. Rounded corners. 2Kg

• BLACK TOP, GREEN BOTTOM YTREE-BG • BLUE TOP, SLATE BOTTOM YTREE-SB • AUBERGINE TOP, LAVENDER BOTTOM YTREE-AL

EVOLUTION YOGA MAT 4MM

The Evolution Yoga Mat is the next generation of yoga mat combining excellent grip, a supersoft hand feel and a stylish double-sided design. The mat offers fantastic cushioning and yet is super light, making it easy to transport. Equally important is the fact that the TPE used in this mat is both recyclable and degradable. The Evolution mat is made from closed cell material which is non absorbent & wipe clean making it the most hygienic yoga mat we offer. The mat comes with a convenient colour coordinated carry string.



SIZE 183cm x 61cm x 4mm. Rounded corners. 1Kg

• DK. BLUE / LIGHT BLUE YMATTPE-BLU • PURPLE / LT PURPLE YMATTPE-PUR • AUBERGINE / LAVENDER YMATTPE-AUB



SIZE 183cm x 61cm x 6mm. Rounded corners. 1.1Kg

• CHOCOLATE YMATTPE6-CHOC • SLATE YMATTPE6-SLATE

WARRIOR YOGA MAT 4MM

Our best selling mat, the Warrior mat provides good grip and cushioning and offers great value for money. 4mm is the most popular thickness of mat for regular yoga practice and at 183cm (6ft) long you'll stay on the mat.

PVC AZO & DOP free by SGS.
Machine washable 40 degrees.



SIZE 183cm (6') x 61cm x 4mm. 1.1Kg

• BLUE YWARRIOR4-BLU • PURPLE YWARRIOR4-PUR • PINK YWARRIOR4-PNK • AUBERGINE YWARRIOR4-AUB

WARRIOR PLUS YOGA MAT 6MM

The luxury Warrior Plus mat has the same excellent grip as the standard Warrior mat but, at 6mm it offers more cushioning for those seeking extra comfort. Available in calming Sky Blue or Fiery Sunset.

Note: this mat is not painted so the performance is not affected.

AZO & DOP free by SGS. Machine washable 40 degrees.

SIZE 183cm (6') x 61cm x 6mm. 1.6Kg

• SKY BLUE YWARRIOR6 • SUNSET RED YWARRIOR6RY



BWY-SHOP STUDIO MATS

The German made Studio mat is the original Studio mat and was the first yoga mat to be tested against harmful substances for skin contact. The Studio mat is a high density mat which offers excellent grip and cushioning whilst setting the standard for durability making it ideal for intensive Studio use. All Studio mats are now phthalate free. The Studio mat comes in two thicknesses 3mm or 4.5mm and the 4.5mm is available in a choice of widths, standard 60cm or extra wide 80cm.

STANDARD STUDIO MAT 4.5MM

The most popular size and thickness of Studio mat offering the ideal balance of cushioning, grip and durability.



SIZE 183cm (6') x 60cm x 4.5 mm. 1.5Kg

- BLUE ASTUDIO5-BLU • PURPLE ASTUDIO5-PUR
- ORANGE ASTUDIO5-ORA • RED ASTUDIO5-RED
- BROWN ASTUDIO5-BRN

LIGHT STUDIO MAT 3MM

Some people prefer thinner mats as they provide firmer grounding in standing postures though the lightweight Studio mat also appeals to those who prefer a lighter mat for portability or those seeking a quality European made mat at a keener price.



SIZE 183cm long (6') x 60cm x 3mm. 1Kg.

- BLUE ASTUDIO3-BLU • PURPLE ASTUDIO3-PUR
- ORANGE ASTUDIO3-ORA • RED ASTUDIO3-RED

EXTRA WIDE STUDIO MAT 4.5MM

The same material as the Standard Studio mat but 25% wider at 80cm. This is the widest mat on the market and is ideal for those that practice on draughty floors as the mat insulates you in Savasana as your whole body can fit on the mat.



SIZE 183cm long (6') x 80cm x 4.5 mm. 2Kg.

- BLUE ASTUDIO580-BLU • PURPLE ASTUDIO580-PUR

TRAVEL STUDIO MAT 1.5MM

The German made Travel mat is the answer for those seeking a truly portable mat. At only 0.75 Kg for a full size mat it is foldable and easy to transport as well as being durable and offering good grip. Also ideal for use under a yoga rug or to put on top of a club mat for hygiene.



SIZE 183cm long (6') x 60cm x 1.5mm. Weight 0.75Kg

- ASTUDIO2

LOTUS YOGA MAT 3.5MM

Our entry level yoga, anti-slip yoga mat. Light and easy to carry to class.

Made in Taiwan: DOP & AZO free formula.
Colour: Navy Blue or Burgundy



SIZE 183cm (6') x 61cm x 3.5mm. 1.1Kg

- BLUE YLOTUSO-BLU • BURGUNDY YLOTUSO-BUR



ACUPRESSURE BED OF NAILS

The Bed of Nails induces a state of deep relaxation and dissolves tension. Over 6,000 tiny spikes create an effect similar to acupuncture. 100% Cotton canvas with 20mm Foam padding. 230 Button shaped disks providing over 6,000 acupressure spikes per mat. Double carry handle and magnetic popper closure to store safely and for ease of carrying. Choice of blue or purple. Care: Dry Clean only.



SIZE 67cm x 41cm. Weight 1Kg

- BLUE YBEDON-BLU • PURPLE YBEDON-PUR

GRIP DOT TOWEL

Our new super-absorbent Grip-Dot Towel is highly versatile. Use it with the dots up for an anti-slip yoga mat, either on its own, or on top of a class mat for hygiene. Use it with the dots down and the mat will be held in place on any smooth surface - ideal for use in hot or power yoga where one sweats a lot and wants to wash your mat after each practice. The towel also makes a great travel yoga mat as it folds up to fit in your suitcase. The Grip Dot Towel comes in a convenient net mat bag. Hi wicking polyester yarn coated with phthalate free PVC dots, Care: Machine washable and dryer safe.



SIZE 183cm x 60cm. Weight 0.8Kg

- BLUE YTOWEL-BLU • PURPLE YTOWEL-PUR

TRIDENT YOGA RUG

The original Indian yoga mat! Our 100% cotton, coarse weave rug is designed for Ashtanga or Power yoga where grip whilst sweating is required. The rug's grip increases as it gets wetter, the opposite to a yoga mat. The embroidered Shiva's Trident helps keep you aligned. The rug is often used with a standard mat to keep the rug in place; we recommend the Warrior mat or a Studio Travel mat. Care: Hand wash cold.



SIZE 200cm x 70cm. 1.5Kg

- BLACK YRUG07-BLK • RED YRUG07-RED
- BLUE YRUG07-BLU

ORGANIC COTTON YOGA RUG


Hand woven cotton yoga rug made from 100% natural and unbleached organic cotton, with embroidered Om. Certified to OE100 Standard.

Care: Hand wash cold.

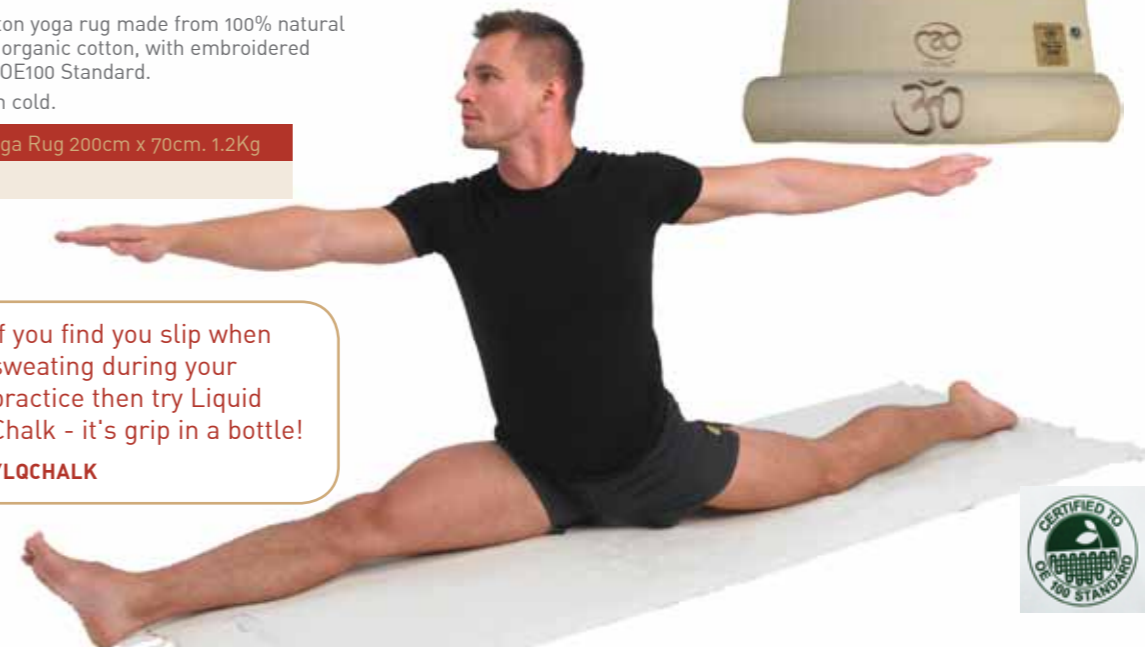
Hand Woven Yoga Rug 200cm x 70cm. 1.2Kg

- YRUGORG





If you find you slip when sweating during your practice then try Liquid Chalk - it's grip in a bottle!
YLQCHALK



BWY MAT BAG

Stylish water-resistant mat bag with which keeps your mat dry on the way to class. Featuring embroidered British Wheel of Yoga logo, a useful cargo pocket and adjustable shoulder strap.
70% cotton, 30% Nylon.
Care: Machine washable.



SIZE 63cm x 14.5cm (dia). Max mat size: 183cm x 61cm x 6mm

- BLUE BODY YBAGASANA-BLU
- AUBERGINE BODY YBAGASANA-AUB
- PURPLE BODY YBAGASANA-PUR

ORGANIC COTTON YOGA MAT BAG

Organic cotton mat bag with adjustable shoulder strap, internal secret pocket and large outer pocket with wooden buttons.
Hand wash cold. Line dry.



NEW



72cm long x 14.5cm dia Max mat size: 183cm x 61cm x 6mm

- YBAGORG-BLU • YBAGORG-NAT • YBAGORG-PLUM

More bags available at www.bwy-shop.co.uk

YOGA KIT BAG

The Yoga Kit bag is designed to take a full range of yoga equipment and will accommodate 4 full blocks, 1 mat, 2 bricks, a belt and blanket. The long handles mean the bag can be carried in the hand or over the shoulder. 100% cotton with embroidered Om. Extra wide zip opening for easy access.
Machine wash cold.



Size: 62cm x 22cm x 22cm

- STRIPY RED YBAGKIT-RED
- STRIPY BLUE YBAGKIT-BLU
- BLACK YBAGKIT-BLK

YOGA MAT CARRIER

For those looking for a budget mat bag, the Mesh Yoga Mat Carrier with drawstring carry rope is just the job. Suits 4 - 5mm thick mats.

NEW



67cmX14cm (dia)

YBAGCAR

YOGA PROPS



YOGA BELTS

Yoga belts are used to assist in attaining correct postures by providing the required tension of a pose without straining. Belts are used for binding in postures such as Supta Padmagusthasana (Reclining Hero stretch), as extensions in forward bends like Urdhvamukha Janu Sirasana (head on knee) and as support in Paripurna Navasana (the Boat).

2.5M COTTON YOGA BELTS WIDE

Our 2.5m belts are our most popular belts and are recommended for Iyengar yoga as the extra length makes them more suitable for use in binding. Choice of D Ring or Cinch buckle to suit personal preference.

SIZE 2.5m long x 38mm

- NATURAL WITH D RINGS YBLTCT25M-NAT
- BLUE WITH CINCH BUCKLE YBLTCT25M-BLU



2M COTTON YOGA BELT WIDE

Standard length yoga belt with a choice of D Ring or Cinch buckle to suit personal preference.



SIZE 2m long x 38mm

- PURPLE WITH CINCH BUCKLE YBLTCT2M-PUR
- RED WITH D RINGS YBLTCT2M-RED

2.5M NARROW COTTON YOGA BELT

Some yoga practitioners prefer a narrower yoga belt as one can be more precise with the positioning.



SIZE 2.5m long x 25mm (1")

- NATURAL WITH CINCH BUCKLE YBLTCT1N

2.5M ORGANIC COTTON YOGA BELT

Our unbleached organic cotton yoga belt is ideal for the conscientious yogi. Natural & unbleached with metal D Rings.

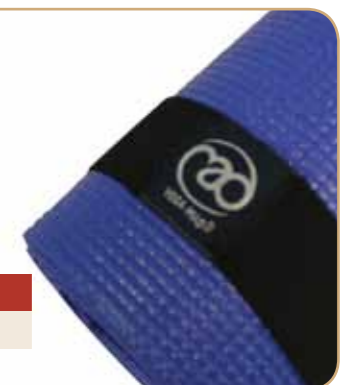


Organic Yoga Belt 2.5m x 38mm

- YBLTORG

YOGA MAT BANDS

A simple way to hold your yoga mat neatly rolled up. Not suitable for the Studio Pro 15mm mat. 3cm wide black elastic with Yoga-Mad logo - suits mats up to 6mm thick x 183cm long.



SIZE 3cm wide

- YBAND

YOGA BLOCKS 1" & 2"

For use as cushioning in inversions, such as the shoulder stand (four required), to support the head in forward bends and for lift in seated twists. 1" spacer blocks are particularly useful when needing to reduce or increase the height of one's lift by less than 2"(5cm) in one go i.e. in Virasana. Available in top quality scratch-resistant EVA foam with 3mm chamfered edges or in softer recycled chip foam.



Note: Recycled chip foam colours varies from batch to batch

SIZE 50mm (2") x 305mm x 205mm

• BLUE EVA YBLEVAB-BLU • PURPLE EVA YBLEVA-PUR

SIZE 25mm (1") x 305mm x 205mm

• BLUE EVA FOAM YBLEVAHALF

SIZE 50mm (2") x 305mm x 205mm

• RECYCLED CHIP FOAM YCHIP2H

SIZE 25mm (1") x 305mm x 205mm

• RECYCLED CHIP FOAM YCHIP1



BAMBOO & CORK YOGA BRICKS

Bamboo is one of the most sustainable products on the planet, so what better material for a yoga brick, our bamboo brick is hollow to keep the weight down. Alternatively why not try the warm yet firm feel of cork, from European sustainable cork forests. Both with rounded edges.

Bamboo 76mm x127mm x 229mm 850g

• YBRBAMBO

Cork 75mm x 120mm x 230mm 550g

• YBRCORK

HI-DENSITY YOGA BRICK

A safe and lighter alternative to the traditional wooden brick, for use in numerous standing and seated postures to provide lift or grounding. With three distinctly different dimensions to vary the height, the brick offers firm support. Yoga-Mad foam EVA bricks are the firmest available and do not distort under body weight, and will not damage floors (or toes!).



SIZE 70mm x 220mm x 110mm

• PURPLE YBREVA-PUR • BLUE YBREVA-BLU

WEDGE

Use beneath the hands in the Bow pose; or beneath the heels in the Downward Facing Dog pose. The Wedge can also be used in Pilates.



SIZE 500mm x 150mm x 50mm

• PURPLE YWDEVAP

OM SAND BAG

Our 5kg Sand bags are filled with fine sand for even weight distribution. The outer cotton cover is soft, offering good grip on the skin and the inner nylon cover is durable and leak free. Complete with embroidered OM and a sturdy carry handle.

SIZE 42cm x 18cm. 5Kg

• BLUE YSAND-BLU • PURPLE YSAND-PUR • BURGUNDY YSAND-BUR



YOGA-MAD BOLSTERS

Bolsters support the body allowing relaxation and effective stretching without strain. A good yoga bolster must be firm so as to offer good support. We offer a choice of hardness between the Om's extra firm buckwheat filling and the slightly more forgiving Recron fibre used in the Organic bolster.

OM BOLSTER

Our firmest bolster, the Om bolster is filled with buckwheat hulls which have long been the choice for meditation cushions as they offer firm support, which moulds to your body shape and will not break down over time. 100% cotton, with YKK zipped outers and re-stuffable inner-cover, an embroidered Om and convenient carry handle. Complies with UK Furniture & Furnishings Fire Regulations 1998. Care: Machine wash cold & line dry.



SIZE 23cm x 61cm. 3Kg

• BLUE YBOLSTBUCK-BLU • PURPLE YBOLSTBUCK-PUR
• BURGUNDY YBOLSTBUCK-BUR

ORGANIC COTTON BOLSTER

These bolsters are covered with a removable organic cotton cover and are deep filled with 2kg of man made Recron fibre for a firm feel, whilst offering a little give. The bolster is completed with a convenient carry handle. Complies with UK Furniture & Furnishings Fire Regulations 1998. Care: Machine wash cold & line dry.



SIZE 23cm x 61cm. 2.3Kg

• TWILIGHT BLUE YBOLSTORG-BLU
• PLUM YBOLSTORG-PLUM

HAND WOVEN COTTON YOGA BLANKET

Blankets are a highly versatile prop that can be folded to provide height in seated postures and to support the head and shoulders in inversions. They can be rolled to support the neck in reclining postures and back bends; and to relieve strain on knees or ankles in poses such as the Hero. Being 100% hand-woven cotton our blankets are soft and fold tightly, offering good support whilst holding their shape, the key to a good yoga blanket.



SIZE 150 x 200cm. 1.5Kg

• NATURAL YBLANKET-NAT • BLUE YBLANKET-BLU
• BURGUNDY YBLANKET-BUR

ORGANIC HAND WOVEN COTTON BLANKET

Our organic cotton yoga blanket comes in the same design as our standard blanket but is made from OE 100 Standard organic cotton making it ideal for the conscientious yogi. Natural & unbleached.



100% organic cotton. Non Piling.

Organic Yoga Blanket 150cm x 200cm. 1.5Kg

• YBLANKORG

FOLDING YOGA CHAIR

Used to aid rotation in seated twists, for support in backbends, in Viparita Karani; and for refinement of the shoulder stand. Ideal for serious yoga students and studios. Chairs fold flat for easy storage and have durable non marking feet. Our reinforced design has raised cross members on the legs to facilitate getting your legs underneath and a higher back to make stepping through easier.



SIZE Seat height 41cm; tubular steel construction; max recommended user weight 100Kg

• SILVER YCHAIRT



COTSWOLD LAVENDER COTTON EYE PILLOW

Soft eye pillows will help you unwind after practice. Filled with linseed and dried lavender from the Cotswold hills to aid relaxation. The 100% cotton cover is removable and machine washable cold.

SIZE 23cm x 11cm

- RED YEYEP-C-RED • PURPLE YEYEP-C-PUR • BLUE YEYEP-C-BLU



ORGANIC COTTON LAVENDER EYE PILLOW

These eye pillows are made from organic cotton and are filled with a mixture of linseed & lavender. The 100% organic cotton cover is removable and washable. 100% organic cotton inner and outer. Linseed and Lavender filling.

SIZE 20cm x 10cm

- BURGUNDY YEYEP-O-BUR
- PURPLE YEYEP-O-PUR • BLUE YEYEP-O-BLU



NETI POTS

Neti pots are used to perform Jalaneti, which means nasal irrigation. Neti nasal cleaning has been practiced for hundreds of years to relieve allergies, common colds, and even asthma. All neti pots are dishwasher safe.



- BWY CERAMIC BWYNETIC
- CHAKRA CERAMIC YNETIC
- OM CERAMIC YNETOM
- GENIE PLASTIC YNETIP

NASAFLO NETI

Take the guesswork out of performing Neti with the NasaFlo Neti Pot which comes with 50 pre-measured packets of easy to dispense USP Grade, Preservative Free Sodium Chloride and Sodium Bicarbonate mixture. This mixture is pH balanced & isotonic for maximum comfort making performing your nasal wash a pleasure. Each packet contains precisely measured mixture to mix with 8 oz. (240 ml) of lukewarm distilled water, taking the guesswork out of preparing this solution. Comes with complete instruction booklet. Extra sachets are available separately.



- NasaFlo 240ml + 50 Sachets YNETINF
- Replacement box of 120 Sinus Rinse Sachets YNETIS

NOSEBUDDY

The ultimate neti pot - designed by the Scandinavian Yoga and Meditation School! The large volume (0.5 litre) and long curved spout make it easy to clean even a congested nose. Unique construction that results in a very good flow of water. Includes a measuring spoon for salt and an instruction booklet.



- Nosebuddy 0.5L • BLUE YNETINB-BLU • PURPLE YNETINB-PUR

MEDITATION AIDS

BUCKWHEAT ZAFU CUSHIONS

Zafus are traditionally associated with Zen meditation. Yoga-Mad offer a range of different Zafu cushions to suit your meditation practice, all of which are suitable for meditating in lotus or half lotus position.

CYLINDRICAL MEDITATION CUSHIONS

Contemporary design of zafu with the benefit of having a removable outer cover enabling you to wash the cushion without emptying the contents. A separate zipped inner allows you to remove some buckwheat so you can adjust the height. Those who are less flexible will likely prefer the larger cushion which is both taller and wider.



Small 13" x 5.5" = 33cm x 14cm. 2.5Kg

- BLACK YZAFRONDU-BLK
- BURGUNDY YZAFRONDU-BUR

Large 14" x 8" = 35.5cm x 20.3cm. 3.75Kg

- BLACK YZAFRONDUL-BLK
- BURGUNDY YZAFRONDUL-BUR

Note: All our zafu cushions have 100% cotton twill covers and are filled with Buckwheat hulls, which conform to your body shape perfectly and provides a stable platform to sit on. Our Zafus & Zabutons use Schedule 3 interliners and comply with UK Furniture & Furnishings Fire Regulations 1998 - a legal requirement for meditation cushions sold in the UK.

PLEATED ROUND ZAFU CUSHION

This is the traditional design of zafu cushion and is pleated for extra strength. Single cover; carry handle conceals zip to adjust fill level.



13.5" x 7" = 34cm x 18cm. 2.5Kg

- BLACK YZAFUBW-BK • BLUE YZAFUBW-BLU
- BURGUNDY YZAFUBW-BUR

CRESCENT-SHAPED PLEATED ZAFU

Crescents provide more support for the upper thighs, and slope from 19cm (7.5") at the back to 11.5cm (4.5"), which ensures your pelvis remains above your knees, which is essential for comfort. Single cover; carry handle conceals zip to adjust fill level.



17" x 12" = 43cm x 30cm. 2.5Kg

- BLACK YZAFCR-BLK • BLUE YZAFCR-PUR
- BURGUNDY YZAFCR-BUR

ZAUBUTON

The perfect partner to our zafu cushions. The zabuton protects the knees and feet on hard surfaces and insulates the body from cold surfaces when meditating. Our design offers excellent cushioning, using 2Kg of hi-density recron fibre that is securely tufted in to a cotton inner cover, to form a permanent inner cushion. This is covered with a zippered 100% cotton drill outer, which in turn is tufted in place, but can be removed for washing (requires cutting the outer tufting).

91cm x 71cm. 3.4Kg

- BLACK YZABUTON-BLK • BURGUNDY YZABUTON-BUR • BLUE YZABUTON-BLU



FOLDING MEDITATION STOOL

Folding Meditation Stool made from Bamboo - the Zen choice! This beautiful meditation stool slopes forward to help get your pelvis at the correct angle. The folding legs open widely to ensure that they do not easily close when you are seated.

53cm (w) x 15cm (d). 16cm (h) front & 20cm at back. 2.2Kg

- YSTOOL



FIXED LEG MEDITATION STOOL

Our beautiful hand made bamboo meditation stool slopes forward to help get your pelvis at the correct angle. Using a stool you can kneel with the stool taking the weight of your body and keep an erect and alert posture for long periods without unnecessary strain.

46cm (w) x 15cm (d). 16cm (h) front & 18cm at back. 1.8Kg

- YSTOOLFX

RELATED EQUIPMENT



CORE FITNESS MAT

This is an ideal exercise mat for those on the move, or for Studios tight on storage space. The NBR foam offers excellent cushioning and memory, yet the mat weighs only a fraction over 1Kg, making it light enough to carry around. The mat comes complete with a removable shoulder strap that holds the mat rolled up for easy storage and transport. This mat is not anti-slip. NBR Rubber - DOP, AZO, Heavy Metal & Phenol Free.

SIZE 182cm x 58cm x 10mm 1.1Kg

• BLUE **FMATNBR10-BLU** • BLACK **FMATNBR10-BK**

EXER-SOFT BALLS

Ideal for pelvic floor exercises, the ball will enhance your Pilates workout and help develop strength, endurance and concentration as well as promoting relaxation and coordination. The balls are anti-slip offering excellent grip. Ball size is down to preference, though it is common to have both sizes for greater diversity.

7" (18cm) BLUE

• **FEXBALL7**

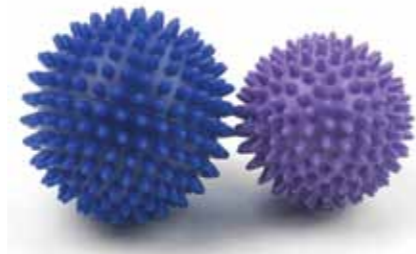
9" (23cm) RED

• **FEXBALL9**



SPIKY MASSAGE BALLS

These small spiky massage balls are used to release tight, uncomfortable muscles and can help to release toxins and improve circulation. Available in two sizes 7cm or 9cm. The balls are often used in pairs but are sold singly.



7cm PURPLE

• **FMASSAGES**

9cm BLUE

• **FMASSAGEL**

OTHER BLOCKS

The large block is used to level the pelvis, whilst the small block is used to slightly raise the head in reclining postures in order to aid the correct neck alignment. It can also be used to correct the tilt on the pelvis or for support between the knees. First Grade EVA foam.

SITTING BLOCK
32cm x 25cm x 6cm

• BLUE **FBLOCK60** (BOTTOM)

HEAD BLOCK
25mm x 20.5cm x 15cm

• BLUE **FBLOCK25** (TOP)



STUDIO PRO-MAT

The Studio Pro-Mat is our best mat for exercise and therapy. The TPE material has superb memory and at 15mm thick this mat offers excellent support for the spine and knees. As the mat is thick and does not roll up tightly it is best for studio or home use rather than carrying to and from classes. The mat is double sided and will not slide on the floor. 100% recyclable TPE is impermeable, hygienic and AZO, Heavy Metal & PVC Free.



PVC
FREE
MAT

Standard: 140cm x 60cm x 15mm 1.9Kg

• BLUE **FMATPE140**

Long: 180cm x 60cm x 15mm 2.6Kg

• BLUE **FMATPE180**



300KG SWISS BALL, PUMP & DVD

This 300kg rated burst-resistant ball comes complete with a workout DVD featuring 40 Swiss Ball exercises, including warm up, body weight only exercises and dumbbell workouts on the ball. Includes hi-speed pump. Independently tested as burst-resistant at over 500Kg static load and static load tested in excess of 1,000Kg without failure. Rated at 300Kg.

SIZE 55cm (1.1Kg): those under 5'6"

• BLUE **FBALLDVD55**

SIZE 65cm (1.35Kg): those 5'6" to 5'10"

• BLUE **FBALLDVD65**

SIZE 75cm (1.65Kg): those 5'11" +

• BLUE **FBALLDVD75**

300KG ANTI-BURST SWISS BALL ONLY

The 300kg Ball is also available as a ball only for commercial use

SIZE 55cm Ball only in pe bag

• **FBALL55**

SIZE 65cm Ball only in pe bag

• **FBALL65**

SIZE 75cm Ball only in pe bag

• **FBALL75**



125KG ANTI-BURST SWISS BALL & PUMP

Our entry level ball is burst-resistant with a rating of 125Kg. Having conducted many tests on non burst-resistant balls we wouldn't even entertain using one as they simply are not safe! This is an ideal ball for home use.

Safety Tests: Tested by SGS Laboratories as burst-proof at 150Kg. Rated at 125Kg, maximum recommended load 125Kg.



NEW

SIZE 65cm (1Kg) SILVER

• **FBALL100**

STUDIO PRO EPP FOAM ROLLER 15CM DIA

This is our professional quality Studio Foam Roller made from EPP. Expanded polypropylene (EPP) is an engineered plastic foam material that is durable, light weight, and recyclable, it has excellent energy absorption and high strength properties, which offer improved performance and longevity to EVA or PE foam rollers.

SIZE 90cm Long x 15cm Dia. 0.4Kg

• **FROLLER6EPP**



NEW

STANDARD FOAM ROLLER 15CM DIA

Lightweight LDPE foam rollers in 15cm diameter for use for balance training, body awareness, muscle re-education and muscular flexibility and to provide dynamic strengthening.

SIZE 90cm Long x 14.5cm Dia. 0.55Kg

• **FROLLER6**



ToeSocks are the original toe sock with the patented non-slip grip which are fantastic for practicing yoga or indeed for any other barefoot activity.

ToeSocks unique five-toe design allows the entire foot to perform naturally, encouraging the toes to separate and activate the muscles in the feet. Toe socks increase dexterity and tactile sensitivity and awareness during any activity. Toe socks help strengthen the muscles of your feet allowing for overall better circulation, balance and posture. ToeSocks are hygienic and practical, keeping your feet warm during normal barefoot activities, whilst keeping you from slipping.

FULL TOESOX

- Patented non-slip sole: Superior grip on any surface to reduce risk of injury
- Five-toe construction: Anatomical design allows foot to perform naturally for independent movement of toes
- Fitted heel and arch support band: Protection and optimal fit
- Seamless design: Creates a form-fitting second skin for maximum comfort
- Organic cotton: Soft and eco-friendly



SMALL	YTOEWT-BLKS
MEDIUM	YTOEWT-BLKM
LARGE	YTOEWT-BLKL



SMALL	YTOEWT-PNKS
MEDIUM	YTOEWT-PNKM
LARGE	YTOEWT-PNKL



SMALL	YTOEWT-PURS
MEDIUM	YTOEWT-PURM
LARGE	YTOEWT-PURL



SMALL	YTOEWT-BLUS
MEDIUM	YTOEWT-BLUM
LARGE	YTOEWT-BLUL

HALF TOESOX

The Half-Toe style have the same patented non-slip grip as the full ToeSocks but are toeless.



SMALL	YTOENT-PURS
MEDIUM	YTOENT-PURM
LARGE	YTOENT-PURL



SMALL	YTOENT-BGS
MEDIUM	YTOENT-BGM
LARGE	YTOENT-BGL



SMALL	YTOENT-BLKS
MEDIUM	YTOENT-BLKM
LARGE	YTOENT-BLKL

SIZE GUIDE

SHOE SIZE	UK SIZE	EU SIZE
SMALL	3-5-5.5	36 - 38.5
MEDIUM	6 - 8.5	39 - 42.5
LARGE	9 - 11	43 - 46

**MORE DESIGNS
DUE IN VISIT
WWW.BWY-SHOP.CO.UK
FOR DETAILS**



All Toesox are made from organic cotton that conforms to the Global Textile Standard

WOBBLE CUSHION

An ideal tool for improving balance and posture, you can kneel or stand on the cushion whilst exercising to improve core strength or can sit on it to tone abdominal muscles whilst sitting at your desk. Can be inflated or deflated to increase or decrease the level of stability. Pump not required



SIZE 14cm Diameter • FSTABILITYB

RESISTANCE BANDS & USER GUIDE

Resistance Bands are ideal for use in Pilates, for resistance workouts or rehabilitation. Latex bands can stretch by up to 700% and offer smooth even resistance. Our bands have the resistance rating & safety warnings written on the band, making them ideal for Studio use. Choice of 3 strengths. Supplied in blister pack with user guide.

Light - Red. Use for beginners & rehab	• FRESBAND9L
Medium - Blue. For those familiar with Res training	• FRESBAND9M
Strong - Black. Ideal for strong, athletic users.	• FRESBAND9S



Warning: All our bands are Latex
Do Not Use if Allergic

RESISTANCE BAND STUDIO 10 PACKS

Resistance bands are also available in packs of 10 or individually. Each band is sealed in its own zip lock bag plus there is one user guide per 10 pack. Ideal for clubs 10 packs are a much more professional alternative to buying rolls.

Light - Red	• SINGLE - FRESBAND9L	• 10 PACK - FRESBAND9LX10
Medium - Blue	• SINGLE - FRESBAND9M	• 10 PACK - FRESBAND9MX10
Strong - Black	• SINGLE FRESBAND9S	• 10 PACK FRESBAND9SX10



Bands available in singles or 10 packs for Clubs or Studios

RESISTANCE BAND ROLLS 15CM X 15M

For teachers, physiotherapists or Studios wishing to cut band to custom lengths or save a little money, we offer 15m rolls of resistance bands.



15m x 15cm Roll Light	• FRESBANDL15
15m x 15cm Roll Medium	• FRESBANDM15
15m x 15cm Roll Strong	• FRESBANDS15



BOOKS & MEDIA

BRITISH WHEEL OF YOGA SYLLABUS BOOKS & MEDIA

The BWY-Shop stocks an extensive range of books, CDs & DVDs that form part of the teacher training recommended reading or are produced by British Wheel of Yoga Teachers. See www.bwy-shop.co.uk for further details.



A SPECTRUM OF YOGA DVD

The British Wheel of Yoga's official DVD offers a complete sequence or individual asanas with or without modifications (for beginners) and the option of tutor guidance. The comprehensive menu offers simple navigation and selection from your remote.

SHOP ONLINE AT WWW.BWY-SHOP.CO.UK

Please visit our secure on-line shop to see our complete range, as new products are regularly added. British Wheel of Yoga Teachers can also apply for online wholesale accounts where they can benefit from significant discounts across the range - to apply for an account please click on the link for TRADE accounts.



GUARANTEE

Your satisfaction is essential to our success. If you are unhappy with any of our products we will refund or replace any unused or faulty items as long as they are returned to us in a saleable condition within 30 days of purchase. Please see our Terms and Conditions as printed on the Price List.

NOTES

This brochure is not intended as a guide on how to use our equipment. BWY-Shop recommends studying under a British Wheel of Yoga or a BWY accredited yoga teacher to learn the correct use of equipment. BWY-Shop will not be held liable for the consequential losses caused by the use of any of the products in this catalogue, howsoever arising.

Colours and specifications are subject to change and may vary from those shown in this catalogue.

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