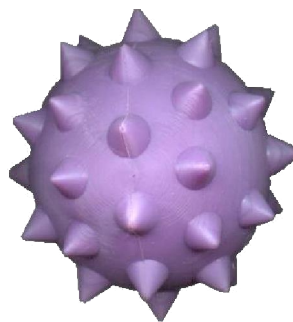
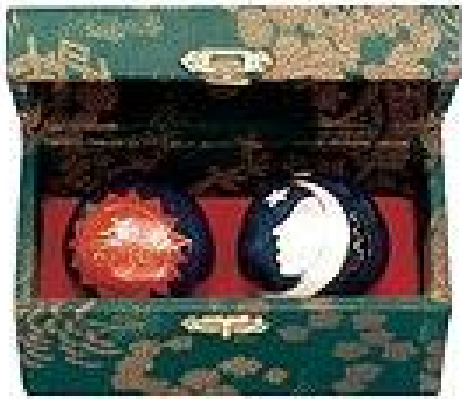


# Seven Stars Martial Arts Product Catalogue 2014



Tools to keep you healthy

January

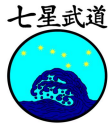


Buy a \$25 gift certificate, and get a \$5 gift certificate to spend in February!

February

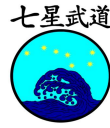


Get a free Stress Grip with any purchase over \$30!



March

Save \$15 off the cost of a one hour private class during March.



April

Buy 6 Stress Grips for only \$30! Save \$6!

May

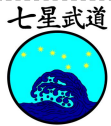


Spend over \$25 in May, & get a \$5 gift certificate to spend in June!

June

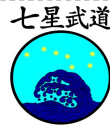


Get a free Stress Grip with any purchase over \$30!



July

Get a free Stress Grip with any purchase over \$30!



August

Get a free fortune fish with each and every purchase during August!

September

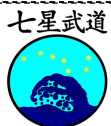


Save \$15 off the cost of a one hour private class during September.

October 2012

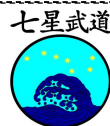


Spend over \$50 in October, & get a \$10 gift certificate to spend in November!



November

Get a free Stress Grip with any purchase over \$30!



December

Get \$1 off \$10, \$2 off \$20, \$3 off \$30, \$4 off \$40, \$5 off \$50 and so on!

Offers cannot be combined.

Offers are valid on in stock merchandise only!

Not valid with special order items!

One offer per person, per month.

# Tøai Chi



# Tai Chi for Health



## Tai Chi for Health Laminate

Our laminates summarize the Tai Chi for Health sequence on one side; so you can use it to visually guide you through the movements.

The other side gives you some background on the sequence, breathing tips and guidelines to aid your practice.

## Tai Chi for Health audio guide

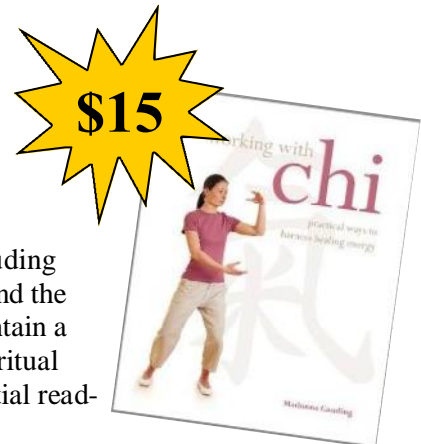
An audio CD to guide you through the complete Tai Chi for Health sequence.

The first track contains detailed instructions just like in class, the second guides you through the names of the postures and the breathing. Complete with traditional Chinese background music to help relax the mind and body.



## Working with Chi

Chi underpins every aspect of Eastern healing traditions: it's the breath of life that animates all living things. Novices often find this elusive yet powerful concept difficult to grasp, but Madonna Gauding illuminates this life-altering system in a lavishly illustrated and expertly informed guide. She explains the philosophical origins of chi, and thoroughly explores its different aspects, including chi's relationship with the five elements (fire, earth, wood, metal, and water) and the twelve meridians of the human body. There are also useful tips on how to maintain a balanced chi through a simple, effective, combination of diet, exercise, and spiritual practice including detailed chi kung exercises and eating plans. This is essential reading for anyone desirous of increased energy and enhanced well-being.

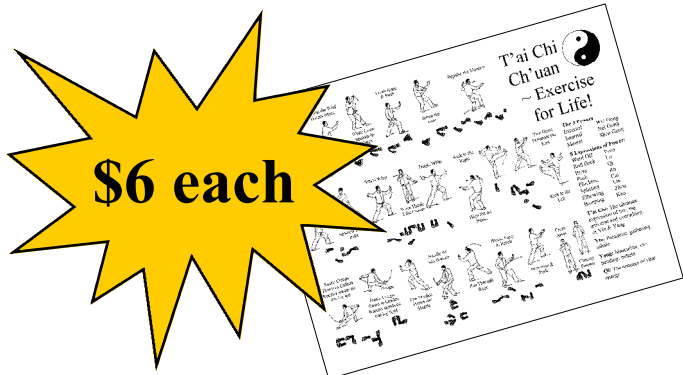


Save! CD/laminate combo only \$20!

CD/laminate/book combo \$35! + free stress grip



# T'ai Chi Chuan



## Tai Chi Chuan laminate

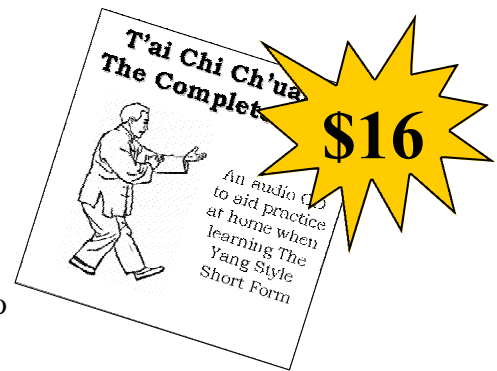
Summarizing the 24 posture form onto a single sheet, a great reminder for the sequence and foot work, it is great for beginners and seasoned students alike.

It also summarizes some of the fundamentals; such as the feet, yin & yang, T'ai Chi, Qi and more.

## Tai Chi Chuan audio guide

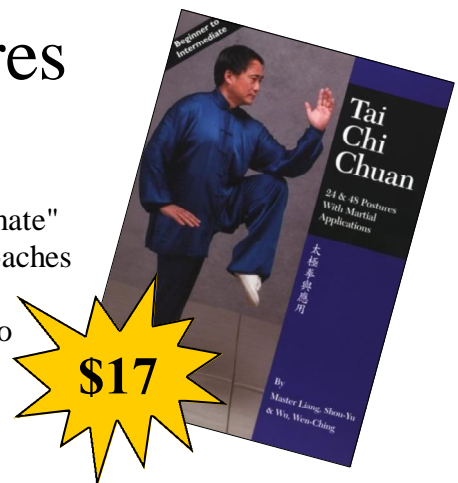
An audio CD to guide you through the complete Yang Style, 24 Posture Simplified T'ai Chi Chuan Form

The first track contains detailed instructions just like in class, the second guides you through the names of the postures and the breathing. Complete with traditional Chinese background music to help relax the mind and body.



## Tai Chi Chuan: 24 & 48 Postures with Martial Applications

An extraordinary guide to Taijiquan (Tai Chi Chuan), the "Grand Ultimate" way of health and martial arts. Written by one of China's top-ranked coaches Shou-Yu Liang, the 24 and 48 postures, often referred to as the Short Form, are presented in an easy to understand, step-by-step fashion. Also included are guidelines for breathing, directing the mind, aligning the body and developing Qi.



- \* Learn how the practice of Taijiquan can improve health.
- \* Discover martial applications for each posture that will make your learning more authentic and alive!
- \* In only twenty minutes a day, you can practice the 24 & 48 postures.
- \* Gain deeper insight with explanations & illustrations on philosophy of Yin-Yang & 5 Element Theory.
- \* A practical learning tool for beginners, and an excellent reference guide for more advanced students.

**Save! CD/laminate combo only \$20!**

**CD/laminate/book combo only \$35!**



# Tai Chi Sword

## Hardwood Tai Chi Sword

Beautifully hand-crafted, this hard-wood broadsword is designed to have the look and feel of a real Tai Chi sword without the weight, hazard or expense.

Great for every day training.



**\$20**

## Extendable Tai Chi Sword

A sword that collapses & folds inwards for easy carrying. Has a soft metal steel finish that allows the sword to extend fully with the flick of the wrist.

The blade length is 29". Full length of the sword is 37". Folds to 12" in length and extends to a standard size Tai Chi sword for home use.



**\$32**

The Gold Lion Tai Chi Sword is a classic among Kung-Fu style swords. This straight blade Tai Chi sword measures 34" overall with a 25½" stainless steel unsharpened blade.

The lion head hand guard is made of polished brass. The black cord wrapped handgrip is accented by two yellow or red tassels attached to the end of the sword.

A brass tipped scabbard is covered with leather and comes with a chain hanger for easier display.

Special order only.

## Gold Lion Tai Chi Sword



**\$70**

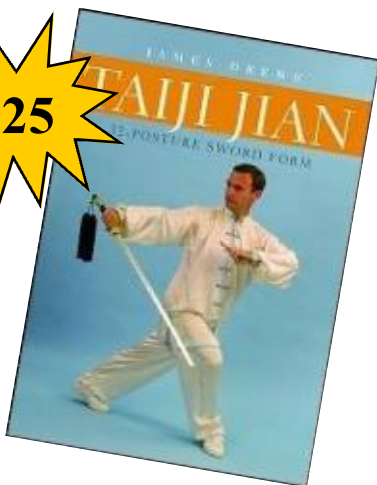
## Tai Chi Sword Book

The Sword Form is an important aspect of Tai Chi Chuan.

This book provides a detailed description of the Jian (the sword), its parts and how it should be held. Using photographs and illustrations, the author gives step-by-step instructions for the main 13 applications including sword strokes, stances and footwork techniques.

This book contains a wealth of information on Sword Form technique and is an ideal resource for students of martial arts, experienced practitioners or anyone interested in learning about Tai Chi

**\$25**



Tøai Chi Ruler

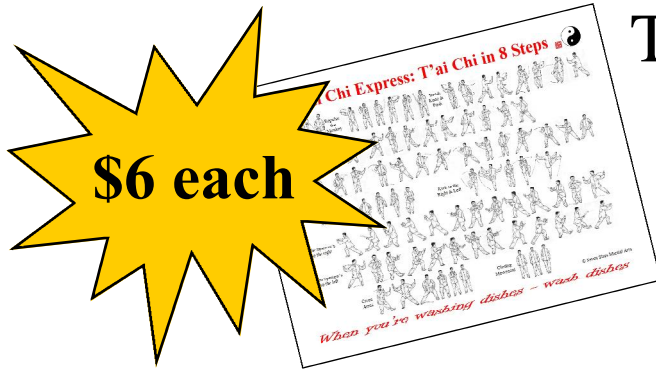
**SORRY,**

**THIS PAGE IS UNDER CONSTRUCTION.**



**PLEASE CHECK BACK SOON!**

# T'ai Chi Express



## T'ai Chi Express laminate

Summarizing the step form onto a single sheet, a great reminder for the sequence and foot work, it is great for beginners and seasoned students alike.

It also summarizes some of the fundamentals; such as the feet, yin & yang, T'ai Chi, Qi and more.

## The Stress-Grip



For hand massage, strengthening, stress relief and acupuncture stimulation!

The Stress Grip is an excellent massage tool for your hands; it has been designed to help stimulate the main acupuncture points in your hands to reduce pain and cramping, while improving flexibility and mobility.

Use this anywhere, anytime - keep one in your purse or pocket!



## The Chinese Medicine Acupressure Ring



By stimulating the acupuncture points and reflexology zones on the hands and fingers, the internal organs & bodily functions are stimulated to bring the energetic functions of the organs & body into balance.

The gentle massaging action can improve circulation, hand & finger movement, boost energy, strengthen the immune system, aid concentration & overall health. Relief from fatigue, soreness, arthritis, rheumatism, numbness & tingling in the fingers and hands may be experienced.



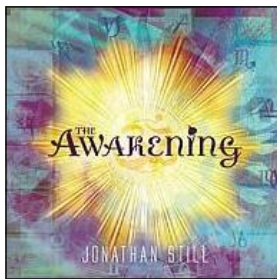
# Meditation

## Meditation Cards

Just as we use flash cards to aid us in studying and remembering, Meditation Cards combine exercises and beautiful pictures as practical aids for meditation and personal development.



This set includes six cards, designed for personal development. Each features detailed instructions for a series of experiential exercises. The cover of each card displays a photograph by Galen Rowell evocative of the exercises within; seeing it sitting on a table or desk is an invitation to bring the exercises into daily life.



## The Awakening ~ \$15

The newest album from award-winning artist Jonathan Still, *The Awakening* is an inspiring journey through many emotions. From gentle stirrings, through soaring themes, to a rousing finale, each well-crafted track creates a different backdrop to evoke the listener's own sensory experience.

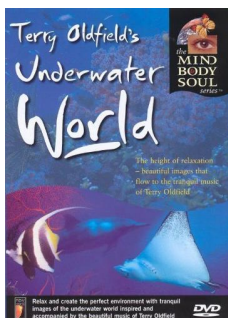
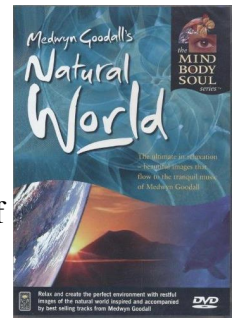
## Moving Stillness ~ \$15

*Moving Stillness* is a play on opposites to show their inherent similarity. There is never lack of movement in this world, nor lack of silence. The title can be read forward and backwards: the movement of stillness or the still nature of what's moved. What matters more than titles is the feeling each song invokes, a quiet, though inspired, reflection of a hectic world trying to find a bit of peace.



## Medwyn Goodall's Natural World ~ \$15

Stunning images capture the beauty of earth combine with the beautiful and atmospheric music of leading composer of relaxation music and multi-gold album artist - Medwyn Goodall. Together, the music and images take us on a truly magical journey of sound, vision, and spirit. DVD bonus material includes 51 minutes of ambient images which can be looped or played randomly while listening to your own music.



## Terry Oldfield's Underwater World ~ \$15

Stunning images capture the tranquility of the underwater kingdom with the beautiful and atmospheric music of leading composer and best-selling artist Terry Oldfield. Together, the music and breathtaking imagery take us on a truly magical journey of sound, vision, and spirit. DVD bonus material includes a collection of stunning stills and a promo from the highly acclaimed ocean galleries of Australia.



# Cobblestone Walking



**\$8 & \$12**

## Footsie roller

Roll the sole of the foot on the footsie roller to increase circulation and relieve tension, relax foot muscles and revitalize the body.

Footsie Rollers are quality products made of Kiln-dried plantation grown mahogany. Each piece is hand-dipped in pure oil & beeswax.



The Classic! Available in full size, and a mini-version

## The Stress-Grip

**\$6**

For hand massage, strengthening, stress relief and acupressure stimulation!

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Use this anywhere, anytime - keep one in your purse or pocket!



## The Chinese Medicine Acupressure Ring



**\$4ea  
3 for \$10**

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# Qigong



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## Tai Chi Shibashi audio guide

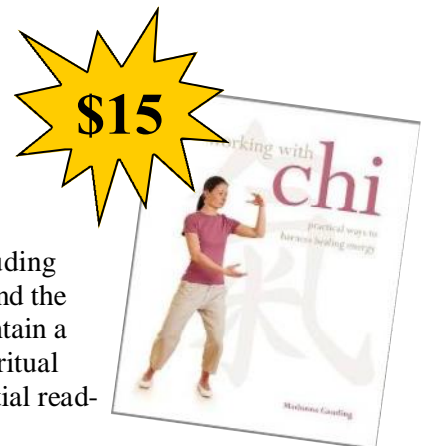
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**Save! CD/laminate combo only \$20!**

**CD/laminate/book combo \$35! + free stress grip**

# METAPHYSICS

DELVE INTO A WORLD THAT, AS YET,  
CANNOT BE MEASURED....





# The Magic of the Pendulum

*The pendulum is a highly effective tool that bridges the gap between your logical left brain & your intuitive right brain; between your conscious & subconscious.*

*By interpreting the movements of a swinging pendulum, you can communicate with the depths of your subconscious mind and tune into your intuition.*

*Available in:*

<i>Bloodstone</i>	<i>Moss Agate</i>
<i>Jasper</i>	<i>Amethyst</i>
<i>Quartz</i>	<i>Tigers Eye</i>
<i>Smokey Quartz</i>	<i>Rose Quartz</i>
<i>Carnelian</i>	<i>Sodalite</i>
<i>Sardonyx</i>	<i>Agate</i>
<i>Aventurine</i>	<i>Hematite</i>
<i>White Agate</i>	<i>Brass</i>
<i>Copper</i>	<i>Steel</i>



All Pendulums come in a velvet bag, with instructions and a multi-purpose chart!

## Fortune Fish

Place this paper-thin fish in the palm of your hand and its movements will indicate your fortune. Place the fish in another person's hand and explain that the fish has special powers and that the way that it twitches will predict their future.

5 for \$1



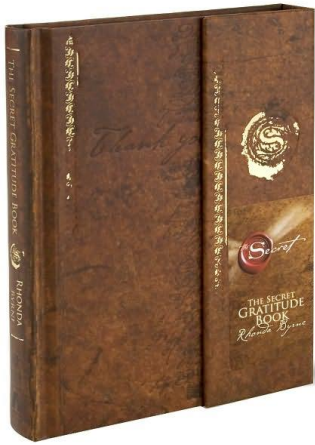
# Creating a Vision Board

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**PLEASE CHECK BACK SOON!**





# Keeping a Gratitude Journal

## *The Secret Gratitude Book*

One of the most powerful tools you can ever use to transform your life into total joy. When you use this book every day and write about all the things in your life you are grateful for, you will be amazed at the never-ending list of thoughts that come back to you of more things to be grateful for. You can use The Secret



Gratitude Book to powerfully attract specific things that you want into your life in absolute abundance.

The book is full of affirmations and insights written by Rhonda Byrne that allow you to bring joy and harmony to every aspect of your life. Inspired by Rhonda's writings, every day you will write a list of things you are grateful for now in your life, followed by a list of Gratitude Intentions all the things you want to come into your life.

Beautifully designed with a magnetic flap closer and a ribbon marker. It will help readers focus their energies and clearly and effectively maximize the law of attraction in their lives for 6 full months.

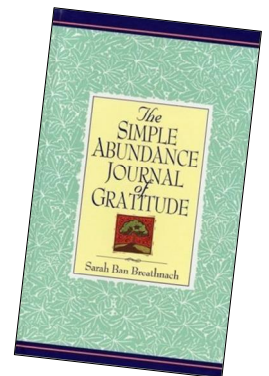
There are no limits to the good that you can bring forth to you. By practicing gratitude daily, you will increase your magnetic power to attract a magnificent life beyond your wildest dreams.

## *Simple Abundance Journal of Gratitude*

The journal itself is highly inviting, bordered with simple country colors of cream, corn yellow, and dried sage. But even more inviting are the inspirational quotes sprinkled throughout.



This beautiful companion journal to the national bestseller Simple Abundance provides women with a place to record their daily moments of gratitude while offering them insight via inspirational quotes. About Simple Abundance, Thomas Moore says, "(This is) a book of real wisdom, mercifully free of jargon and implicit moralism, a satisfying blend of the sassy and the profound."



## *Antique Leather Gratitude Journals*

Available in both Antique Leather, and Antique Red Leather; they come in large (7x9) and small (4x6) sizes. Keep one at home to review the day before you go to bed, and one with you to catch those thoughts of appreciation during your day.

Simple, yet elegant blank journals are the perfect place to show your gratitude. The substantial pages are a pleasure to write on, and the magnetic clasp keeps all your thoughts secure. Uncluttered with the thoughts and comments of others these can be the place to truly express your own thoughts and feelings.



# Labyrinths



A finger labyrinth is carved in wood, and you walk with your finger. It works in the same way as a walking labyrinth, to further relaxation, meditation and prayer.

For many, this combination of movement (tracing the path) with introspection (eyes closed), is a more relaxing way to meditate or pray. For those whose meditation or devotional practice seems demanding or sporadic, finger labyrinths provide a unique way to bring renewed vitality and meaning to these activities.



## Cretan design

### Finger Labyrinths

12ö compressed wood \$58  
12ö maple (*special order*) \$115

### minipath®

4ö compressed wood \$21

## Chartes design

### Finger Labyrinths

18ö compressed wood \$79  
18ö maple (*special order*) \$189

### minipath®

6ö compressed wood \$28



### Intuipath®

25ö compressed wood \$89  
25ö maple (*special order*) \$194

### Childrens Intuipath®

17ö compressed wood \$44

### Intuipath® mini

8ö compressed wood \$34

### Intuipath®

36ö compressed wood \$149  
36ö maple (*special order*) \$299

### Childrens Intuipath®

26ö compressed wood \$64

### Intuipath® mini

12ö compressed wood \$44

# The Tangram:

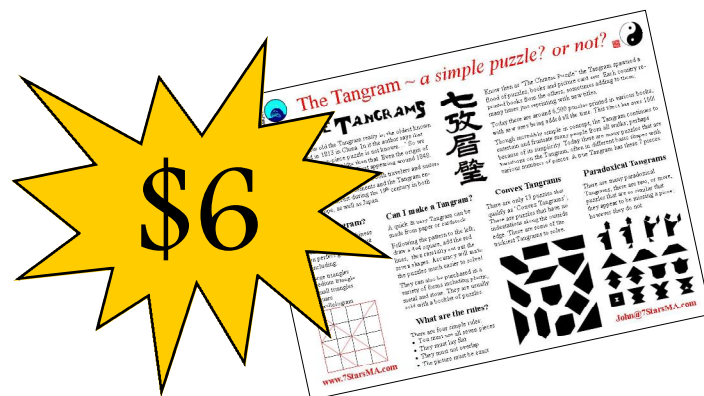
a simple puzzle, or not?



## The Tangram

A very clean and simple plastic version of this classic puzzle. A handy 4" square. With 40 challenging puzzles included!

You can also download more puzzles and articles from the Tangrams Articles page on our website.



## Tangram laminate

Covering a little of the background and history of Tangrams, how to make your own Tangram with paper, and over 100 Tangram puzzles not included with the puzzle! Including paradoxical Tangrams and all 13 convex Tangrams.



## Ancient therapies for a modern world ~ The Tangram

This volume of our series contains a background and history of the Tangram; along with a collection of puzzles to challenge beginner and those more experienced.

Intellectually challenging & mentally stimulating!

# The Mystical Mandala

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**PLEASE CHECK BACK SOON!**





# Reiki

- A natural way to heal



**\$12 each**  
**3 in 1 for \$30**

Spiral bound for ease of use, these are the manuals we use in all our Reiki classes. Covering everything you need to know from an overview, to history, symbols, legal considerations & ethics to advanced skills.

## Reiki Manuals

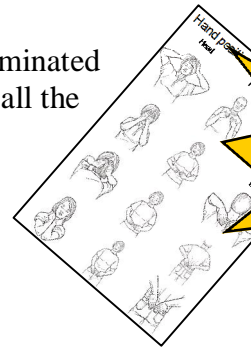
- Reiki Student
- Reiki Practitioner
- Reiki Master

## Reiki Laminates

practical aspects of table work, why reach for your unwieldy books when you can use these handy guides? Choose from:

Double sided laminated charts covering all the

- Hand positions for yourself and others
- Reiki Practitioner Symbols
- Reiki Master Practitioner Symbols



**\$6 each**  
**3 for \$15**



**\$16**

This cd is broken down into 5 minute tracks to be used with the 12 basic hand positions in Reiki.

It also takes a look at Reiki as a healing art, a primer on sessions, the principles of Reiki, a history, and an overview of the music.

Llewellyn did an excellent job of combining electronic music and natural sounds in music that is soft but not elevator music. It has his magical touch to it, making it more than just background music.

## Reiki CD

## Reiki for Dummies

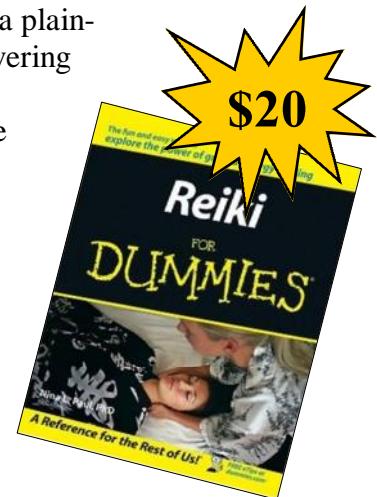
Reiki; crystals, distance, setting up a successful Reiki practice & much more

Reiki For Dummies is for you whether you are just finding out about Reiki or you are a seasoned professional who is looking for a clearly written, up-to-date, inclusive, and comprehensive source of Reiki information.

Reiki For Dummies is amply illustrated and full of useful information on:

- |                                |                               |
|--------------------------------|-------------------------------|
| Reiki symbols                  | Reiki hand positions          |
| Reiki for pets & animals       | Reiki for children & adults   |
| Reiki and surgery or medicines | Reiki at birth or end-of-life |
| Reiki in the house, in the car | Reiki at work                 |

*Reiki For Dummies* is a plain-English guidebook covering Western & Japanese



**\$20**

# CRYSTALS & STONES

**\$1 each**



Turquentine

Carnelian



Aventurine



Banded Amethyst

Sodalite



Unakite



Red Jasper

Tigers Eye



**CAREFULLY SELECTED SETS OF 7  
CHAKRA STONES, ENERGY CHARGED  
AND READY TO GO ~ ALL IN A SMALL  
BROCADE POUCH WITH INSTRUCTIONS**

**\$10**





# Oriental Wisdom

# The Frolics of the Five Animals

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**PLEASE CHECK BACK SOON!**

## Acupressure Tools

For deep, effective stimulation of acupressure & trigger points!

### Oak probe

Save your thumbs with this simple but effective pocket portable polished oak wood massage tool for natural, acupressure massage therapy.

4" long x 1.1" diameter, tapering to 0.3" diameter.

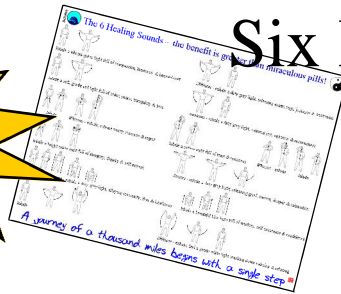


### Acu-ki

The Acu-Ki is easy to hold, and has a pointed end (#2) and a more rounded end (#3) that can be used to press acupressure points on any part of the body.



# The Six Healing Sounds



## Six Healing Sounds laminate

Summarizing the 6 Healing Sounds in an easy to use format; a great reminder for the sequence, colours and sounds, it is great for beginners and seasoned students alike.

Comes complete with a chart of the associated seasons, organs and emotions.



## Ancient therapies for a modern world ~ Six Healing Sounds

This volume of our series contains detailed descriptions and comprehensive line illustrations of the Six Healing Sounds Exercises; to clearly and concisely guide the beginner and seasoned student alike.

Sections on background, breathing and posture are also included. Collect all the volumes to build a comprehensive exercise library.

## The Stress-Grip



For hand massage, strengthening, stress relief and acupressure stimulation!

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# The Eight Pieces of Brocade

**SORRY,  
THIS PAGE IS UNDER CONSTRUCTION.**



**PLEASE CHECK BACK SOON!**

## Acupressure Tools

For deep, effective stimulation of acupressure & trigger points!



### Acu-probe

**\$8**

The Acu-probe is a simple way to increase finger pressure for greater effectiveness. They are particularly effective for acupressure point massage and reflexology.

These beautifully handcrafted massage tools are made in Thailand of 100% Payung rosewood and can be used to massage most parts of the body.

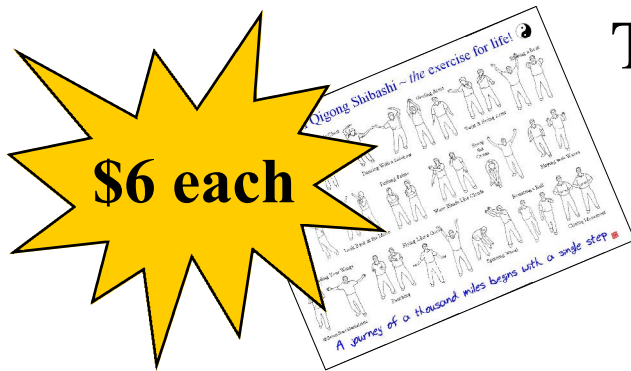
### Cross probe

The Cross-probe can exert an even greater pressure. These beautifully handcrafted massage tools are made in Thailand of 100% Payung rosewood and can be used to massage most parts of the body.

**\$10**



# Tai Chi Qi Gong Shibashi



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## Tai Chi Shibashi audio guide

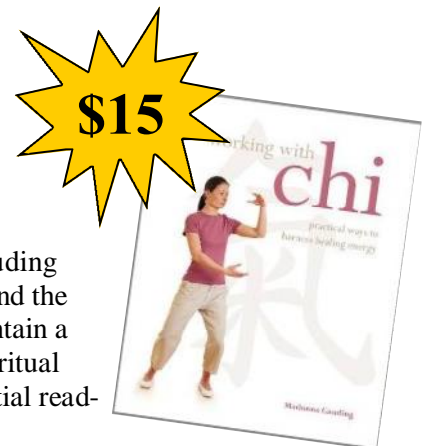
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The first track contains detailed instructions just like in class, the second guides you through the names of the postures and the breathing. Complete with traditional Chinese background music to help relax the mind and body.



## Working with Chi

Chi underpins every aspect of Eastern healing traditions: it's the breath of life that animates all living things. Novices often find this elusive yet powerful concept difficult to grasp, but Madonna Gauding illuminates this life-altering system in a lavishly illustrated and expertly informed guide. She explains the philosophical origins of chi, and thoroughly explores its different aspects, including chi's relationship with the five elements (fire, earth, wood, metal, and water) and the twelve meridians of the human body. There are also useful tips on how to maintain a balanced chi through a simple, effective, combination of diet, exercise, and spiritual practice including detailed chi kung exercises and eating plans. This is essential reading for anyone desirous of increased energy and enhanced well-being.



**Save! CD/laminate combo only \$20!**

**CD/laminate/book combo \$35! + free stress grip**



# Tea: best drink of the day



**\$8**

## Large porcelain tea cup with filter

This exquisite porcelain tea cup is from Jingdezhen, the most famous porcelain making town in China. Its superior quality and elegant design making it perfect for everyday use, great for a present too. Includes a porcelain filter. Lots of styles to choose from. Size: D3.5" x H6"

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Teapot: L6" x H3.5" Cups: L2.5" x H1.5"



**Only \$20**



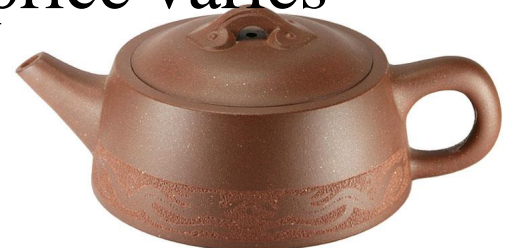
**\$35**

## Perfect one cup tea brewer

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## Yixing teapots & tea sets ~ price varies

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# Chinese Health Balls



Chiming chrome sets only \$12!

available in 1ö, 1¼ö, 1½", 1¾ö 2" & 2¼"

Jade from \$20!

Yellow jade - \$20  
Cloudy green jade - \$25  
Black jade - \$30  
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Lots to choose from!



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Marble \$15

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## Chinese Health Balls laminate

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\$10

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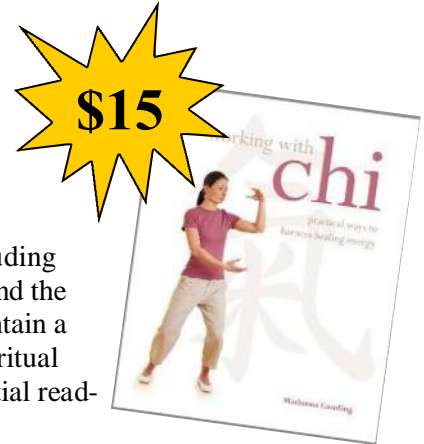
Collect all the volumes to build a comprehensive exercise library.

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# Healthy Living with the Seasons

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## 1 Ching coin sets

Also available energized, in sets of 3 with a carrying bag or box (your choice) & a quick-start guide for use with the I Ching in divination. Access the power and wisdom of a millennia old guide.



# Chinese Coins

Described as being "square within and round without", these round coins, have been used as metal currency since the 11th century BC. The square shape in the center is the energy of the earth, while the circle represents the chi of heaven.

Combined, they drive the power of wealth luck, and when energized, yang energy breathes precious life into them, transforming them into powerful emblems of wealth and prosperity.

It is said that if you put these coins in your purse, wallet, or handbag; you can attract health, wealth and good luck.



# The Five Rules of Oriental Health & Vitality

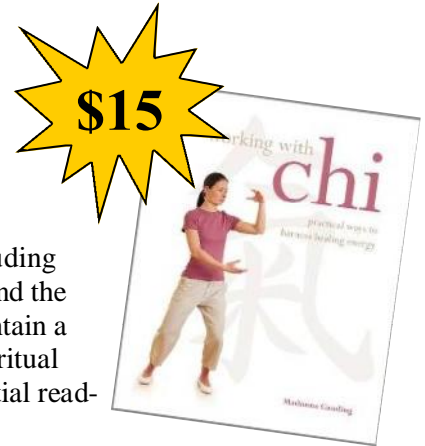
## Gold Ingots

These popular symbols of prosperity should be freely displayed, particularly during the lunar Chinese New Year. Displaying faux ingots in your home, is auspicious as gold attracts good luck.



## Working with Chi

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## Lucky coins

There are a multitude of ways to use the coins as feng shui energy enhancers around your home or business. Tie them in groups of three, six, and nine with red ribbon to activate them with a spark of energy.





# Healthy Living

# 50 Secrets of the Worlds Longest Living People

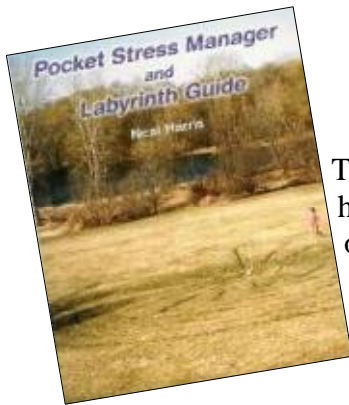
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# Don't let stress stress you out!



## Pocket Stress Manager

This pocket-sized book contains only those techniques that have proven to be simple, fast and very effective for relaxing in ordinary as well as unusually stressful situations.

It functions as a "take along" resource guide that can be referred to before, during or after times of stress.



Pocket Stress Manager & Labyrinth Guide is an updated version of the original published in 1997, and it includes a symptom index and expanded labyrinth information section.

## Exit The Storm



When the day has dished out its share of problems and missed opportunities, it's time to rejuvenate.

As you listen to soothing, original music by Eugene Kwok, the relaxing voice of Neal Harris guides you through four proven relaxation methods, including a short excursion into the forest during a light rain.



With practice, these methods will surely lead to greater peace in difficult situations, and a renewed sense of emotional and physical vitality. Release the tensions of the day, and truly Exit The Storm.

## The Stress-Grip

For hand massage, strengthening, stress relief and acupressure stimulation!



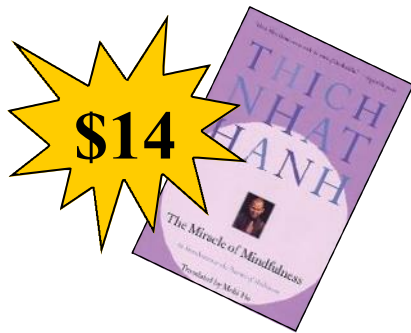
The Stress Grip is an excellent massage tool for your hands; it has been designed to help stimulate the main acupressure points in your hands to reduce pain and cramping, while improving flexibility and mobility.

Use this anywhere, anytime - keep one in your purse or pocket!



### Save! Buy all three for only \$26!

# Mindfulness based stress reduction



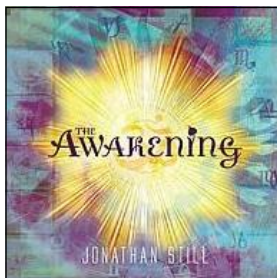
## The Miracle of Mindfulness

In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware.

From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

## Moving Stillness ~ \$15

Moving Stillness is a play on opposites to show their inherent similarity. There is never lack of movement in this world, nor lack of silence. The title can be read forward and backwards: the movement of stillness or the still nature of what's moved. What matters more than titles is the feeling each song invokes, a quiet, though inspired, reflection of a hectic world trying to find a bit of peace.

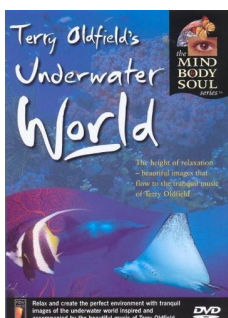
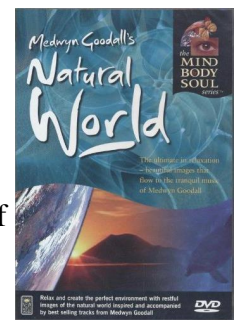


## The Awakening ~ \$15

The newest album from award-winning artist Jonathan Still, The Awakening is an inspiring journey through many emotions. From gentle stirrings, through soaring themes, to a rousing finale, each well-crafted track creates a different backdrop to evoke the listener's own sensory experience.

## Medwyn Goodall's Natural World ~ \$15

Stunning images capture the beauty of earth combine with the beautiful and atmospheric music of leading composer of relaxation music and multi-gold album artist - Medwyn Goodall. Together, the music and images take us on a truly magical journey of sound, vision, and spirit. DVD bonus material includes 51 minutes of ambient images which can be looped or played randomly while listening to your own music.



## Terry Oldfield's Underwater World ~ \$15

Stunning images capture the tranquility of the underwater kingdom with the beautiful and atmospheric music of leading composer and best-selling artist Terry Oldfield. Together, the music and breathtaking imagery take us on a truly magical journey of sound, vision, and spirit. DVD bonus material includes a collection of stunning stills and a promo from the highly acclaimed ocean galleries of Australia.

Falls: they don't have to  
happen to you

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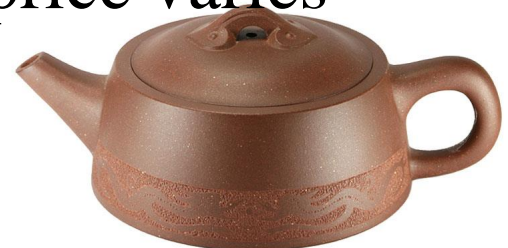
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Say goodbye to antacids

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# Exercise for Mental Muscle

Everyone knows that puzzles are educational, but why? ~ they stretch the brain and expand how your mind solves problems. While you're solving a puzzle, you're really teaching your brain to work in new ways.



Have you ever bought a puzzle - solved it and then wondered what to do with it? Quite often with puzzles once you have solved it, its usefulness is over. Why go to the expense and clutter of buying and then having lots of puzzles lying around when you can rent one of our kits.



Each kit consists of 8 puzzles, 3 of which have multiple challenges to them, giving you over 150 puzzles in all! More than enough to keep you occupied for a month.

Each kit is available for up to four weeks at a time - pick it up in class and drop it off at any subsequent class. All these puzzles are for adults, not only are they a healthy choice of activity, they are also fun! lots of fun! All puzzles come with instructions & solutions.

Kit 1	Kit 2	Kit 3
4 Piece Pyramid	Pyramid Twins	Wing It
Loop Trap	Pack it in	Star Burst
Double Square	Fifth Chair	4 T
Block Out	Missing T	Rec Tangle
Brick by Brick	Block by Block	Gordian Knot
Shape by Shape	Square by Square	Top This
River Crossing	Raging Rapids	Tip Over
Rush Hour Safari	Rush Hour	Railroad Rush Hour

28 day rental \$15 ~ Fully refundable deposit of \$50 is required.





Karate

# Tang Soo Do Karate

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Cane Fu

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Self-defense for women

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# The Chinese Medicine Acupressure Ring



By stimulating the acupressure points and reflexology zones on the hands and fingers, the internal organs & bodily functions are stimulated to bring the energetic functions of the organs & body into balance.

The gentle massaging action can improve circulation, hand & finger movement, boost energy, strengthen the immune system, aid concentration & overall health. Relief from fatigue, soreness, arthritis, rheumatism, numbness & tingling in the fingers and hands may be experienced.



**\$4 each or 3 for \$10!**

# Lucky Bamboo

The number of lucky bamboo stalks has different meanings and brings different beneficial factors into your life. The ingredients for a successful life are happiness, wealth and longevity.

ONE: stalk brings good fortune.

TWO: stalks bring love.

THREE: stalks bring happiness, wealth, and longevity they also represent the past, present, and future.

FOUR: stalks is not used, it is considered bad luck as the number four sounds like the word "death" in Chinese.

FIVE: stalks represent the five different parts of life from which wealth spurs.

SIX: stalks, which sounds like "Luck" in Chinese, brings prosperity and favourable conditions.

SEVEN: stalks bring good health.

EIGHT: stalks sounds like "Fah" which means to grow, thrive brings growth, wealth and abundance.

NINE: stalks bring general good fortune and longevity

TEN: stalks represent completion and perfection

TWENTY-ONE: stalks of Lucky Bamboo offer a very powerful all purpose blessing.

## *Purchase Lucky Bamboo*

Single stalk with no container ~ \$1

Super Green bamboo food~ \$1

Buy 5 stalks and get 1 Super Green food free!

Single stalk in a container ~ \$4

Two stalks in a container ~ \$5

Three stalks in a container ~ \$6

Other quantities pre-potted available on to order; we can use any container you already have, or supply one for you!



Shop our close-outs and overstocks at:



[www.Amazon.com/shops/7StarsMA](http://www.Amazon.com/shops/7StarsMA)

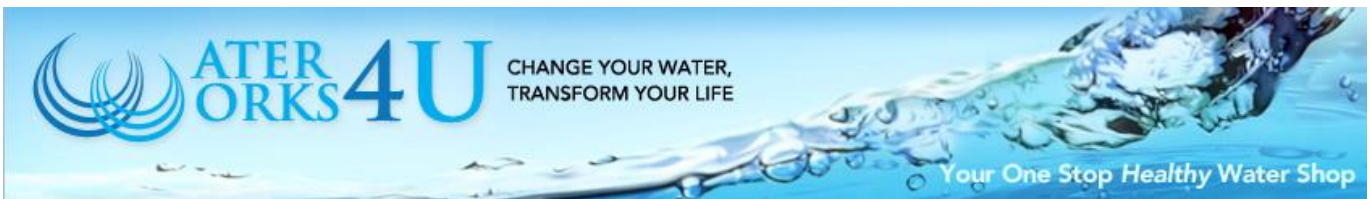


# Gift Certificates

Gift certificates are available in denominations of \$5, \$10, \$25, \$50 and \$100, and are useable on any Seven Stars Merchandise.

A great holiday or birthday gift!

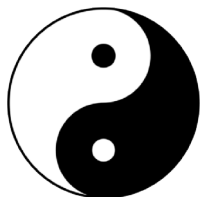
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