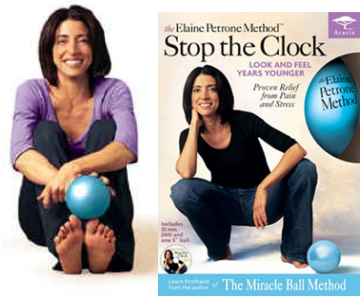
Elaine Petrone Method Products 800-649-6849



Elaine Petrone Method Books

Portable Miracle Ball Method Book $14.95
Features new ball placements for travel and office. A convenient, smaller ball is easily carried with the net bag provided.

The Miracle Ball Method Book $17.95
Included: Book and 2 Miracle Balls.

Books and Audio CD Kits:

Total Ball Therapy Kit ~~$ 44.95~~ **$39.95**
The Miracle Ball Method Book, the 60-Minute audio, Back, Neck, and Elbow CD, and 60-Minute audio Hips and Shoulders CD plus two 4" Therapy Balls.

Ball Therapy Kit #1 ~~$37.95~~ **$29.95**
The Miracle Ball Method Book, the 60-Minute audio CD for Back, Neck, and Elbow plus two 4" Therapy Balls.

Ball Therapy Kit # 2 ~~$37.95~~ **$29.95**
The Miracle Ball Method Book, the 60-Minute audio CD, Hips and Shoulder plus two 4" Therapy Balls.

Pocket ball pump ~~$12.95~~ $9.95

Ball inflations device; this lightweight little pump is powerful enough to inflate the balls, yet it takes up very little space in your bag.

DVD's

Stop the Clock DVD ~~$24.95~~ **$18.95**
55-Minute, color DVD and one 5" ball. Learn first-hand from Elaine how to gain relief from pain and stress. Program addresses pain and tension in the shoulders, neck, and head.

Stop the Back Pain DVD ~~$24.95~~ **$18.95**
(Previously The Elaine Petrone DVD)
54-Minute program demonstrates Elaine's basic techniques. You will learn how to use controlled breathing, using two medium-sized soft balls included. The gentle movement will "unwork" muscle pain and tension in the lower back and hips.

Stop the Back Pain OR
Stop the Clock DVD Therapy Kits ~~$44.95~~ **$39.95**
Choose: Stop the Back Pain or Stop the Clock DVD, 2 (4") balls; 60-Minute CD for the Back, Neck, and Elbow, 60-Minute CD for the Hips and Shoulders.

Audio CD with Balls

Ball Therapy Kit #3 ~~$24.95~~ **$18.95**
60-Minute audio CD for the Back, Neck, and Elbow, one 4" Therapy Ball

Ball Therapy Kit #4 ~~$29.95~~ **$22.95**
60-Minute audio CD for the Hips and Shoulders and two 4" Therapy Balls

Audio CD Only:
60-Minute audio CD Back, Neck, and Elbow ~~$19.95~~ **$14.95**

60-Minute audio CD Hips and Shoulders ~~$19.95~~ **$14.95**

Balls:

Individual Balls only **$8.00 each or 2 for $14.95**
Choose 4-inch or 5-inch ball-maximum quantity sold to individuals: 4 balls. Large quantities of balls are available only to certified Elaine Petrone Method instructors at a cost of $6 each.

Bench: **$165 plus $34 shipping**

Seen in the Miracle Ball Method Book and DVD's. Great for lower back, and hip alignment. Hand crafted, durable solid poplar wood with convenient handle for carrying. Custom orders: Measure floor to below your knee, subtract 1 inch. To order: 1-203-656-3065.

1-800-649-6846

Item Description	*Qty.*	*Price*

Order Total:_____
Shipping & Handling: ($9.00 first item, $3 for next item, $1 each additional item: _____
Tax (Connecticut only 6%): _____
Total $ _____

Name _____
Address _____
_____
Phone _____
Email _____

Method of Payment:

❒ Check ❒ American Express
❒ MasterCard ❒ Discover
❒ Visa

_____
Credit Card No.

_____ _____
Signature Exp. Date

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