



ESSEINTRICS® | CLASSICAL STRETCH™ by ESSEINTRICS®

Thank you for your interest in Essentrics and Classical Stretch! We welcome you to peruse our brochure (created especially for newcomers) in order to discover our different products and gain valuable information on our workouts.

For more details on our workouts, classes and promotions please visit www.essentrics.com

Every DVD and workout that we offer uses the Essentrics technique to strengthen and stretch **EVERY MUSCLE IN THE BODY**

Many of our clients who suffer from a variety of health issues have been helped (and even cured) by doing one of our workouts for at least 23-30 minutes a day, 3-4 times a week. Most of them love how it makes them feel—so they make it an everyday practice.

The Essentrics technique is a **dynamic stretch workout** for women and men of all ages and fitness levels seeking a safe program to achieve full-body health. It was created in 1999 by Miranda Esmonde-White, host of the Classical Stretch TV show on public television (which is based on the Essentrics technique.) Miranda is also the *New York Times* bestselling author of *Aging Backwards*—a revolutionary book on aging that explains the role that fitness plays in slowing down the aging process while keeping our bodies young, strong and healthy.

Since ALL of our DVDs use the **same technique**, work the **entire body** and offer the **same great benefits**—we know that it can be tricky to pick the best one for your needs. Please read below to further understand our different products and choose the best workout for you.

ESSENTRICS®

- Each Essentrics DVD consists of individual 30-minute and/or 1-hour workouts.
- Many Essentrics DVDs have a medium to fast-pace and are aimed at strengthening and toning. They are not recommended for beginners (with the exception of “The Ultimate Stretch Workouts”, “Age Reversing Workouts for Beginners”, “Toning for Beginners and Pain-Relief”).

CLASSICAL STRETCH™ by ESSENTRICS®

- Classical Stretch DVDs have a slower pace than most Essentrics DVDs. They are great for beginners and long-time fans alike.
- Each season of Classical Stretch consists of 4 DVDs with 30 different episodes (3 DVDs with 26 episodes in Season 4). Each episode is 23 minutes in length.
- Classical Stretch DVDs use the “Essentrics technique”. “Classical Stretch” is the title of the television program.



BENEFITS of Essentrics and Classical Stretch Workouts:

Toning/Body sculpting/Strength
Range of motion/Mobility
Full-body flexibility
Pain-relief
Healthy aging
Weight loss
Healing
Injury prevention & recovery
Stress release
Posture improvement
Energy boost

FITNESS LEVEL	BEGINNER	MODERATE	ADVANCED
CLASSICAL STRETCH			
Season 12	X	X	X
Season 11	X	X	
Season 10		X	X
Season 9	X	X	
Season 8		X	
Season 7	X	X	
Season 6		X	
Season 4	X		
Core Workout			X
Back Pain Relief	X	X	X
Vintage Collection Box Set		X	X
ESSENTRICS			
Toning for Beginners	X	X	X
Full Body Toning		X	X
Ultimate Stretch Workouts	X	X	X
Body Sculpting Series		X	X
Barre Workout		X	X
Strength & Stretch in Motion		X	X
Class of 2012		X	X
Pregnancy Workout	X	X	
Arms, Abs & Waist/Legs, Butts & Thigh		X	X
Pain-Relief Workouts	X		
Full Body Workout & Stretch Series Bundle	X	X	
AGE REVERSING WORKOUTS			
Mobility & Bone Strengthening	X		
Posture & Pain Relief	X		

PLEASE NOTE

You do not need to follow the workouts sequentially nor do you need to start with "Episode 1".

Episodes with the words "slenderize/tone/weight loss/strengthen" will have a faster, more intense overall feeling – do not be intimidated and start at your own pace. You can mix these workouts in from the start, otherwise, work up to them after a month or more of doing the slower episodes.

Choose episodes with the words "stretch/release/flexibility" for slower movements that are easier to follow; effective for the health and balance of your full body.

If you are finding the exercises too fast or challenging, feel free to slow down. It's all about moving at your own pace! Doing the workouts slow, loose, and limp is fantastic for increasing blood flow, reducing pain, and healing.

If you're suffering from an injury, chronic pain or illness, or you are in rehabilitation due to surgery—it's important to check with your physician before starting any new exercise regimen.

FOLLOW THE 6 STEPS TO GET STARTED ONCE YOU RECEIVE YOUR DVDS

- 1 Start off slow & gentle
- 2 Don't push too hard
- 3 Exercise in a relaxed mode if you are sore or hurting
- 4 Listen to your body
- 5 Breathe!
- 6 Stretch at least 3 times weekly

IF YOU ARE A BEGINNER AND...

- relatively fit
- occasionally suffer from pain or stiffness

We suggest you start with
 “Classical Stretch Season 6, 8, 10 and 12”



IF YOU ARE A BEGINNER AND...

- occasionally suffer from pain or stiffness
- exercise infrequently
- have slightly limited or good mobility
- athletic looking to stretch

We suggest you do
 “The Ultimate Stretch Workouts”
 “Toning for Beginners”
 “Classical Stretch Season 7, 9 and 11”



IF YOU ARE A BEGINNER AND...

- suffer from pain
- have limited mobility
- in poor shape

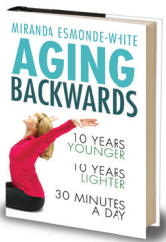
We suggest starting with
 “Age Reversing Workouts for Beginners” or
 “Classical Stretch Season 11”, “Pain-Relief Workouts”



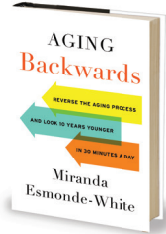
IF YOU ARE A FIT & HEALTHY AND...

- beginner
- non-beginner
- fully mobile

We suggest you choose any “Essentrics” or
 “Classical Stretch” DVDs.
 Go at your own pace!



Canadian Cover



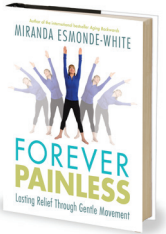
American Cover

AGING BACKWARDS (NOVEMBER 2014)

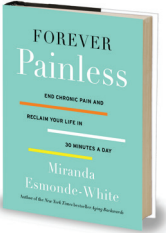
New York Times Bestseller
 by Miranda Esmonde-White

LANGUAGE: English or French
 (also available in French « Rajeunir un jour à la fois »)
ABOUT: Discover Miranda’s breakthrough theories on how to prevent and reverse aging by doing correct exercise and engaging all 650 muscles. We can choose how we want to age, achieve a healthy, happy body and maintain it our entire life.

PRICE: \$24.95



Canadian Cover



American Cover

FOREVER PAINLESS (NOVEMBER 2016)

by Miranda Esmonde-White

LANGUAGE: English or French
ABOUT: In Forever Painless Miranda Esmonde-White discusses the root of nearly all pain. We need to move our bodies to refresh, nourish, and revitalize our cells. Without physical activity, our cells become stagnant and decay, accelerating the aging process and causing pain. People who suffer chronic pain often become sedentary, afraid that movement and activity will make things worse, when just the opposite is true: movement is essential to healing. In Forever Painless, Miranda provides detailed instructions for gentle exercise designed to ease discomfort in the feet and ankles, knees, hips, back, and neck—allowing anyone to live happier, healthier, and pain-free no matter their age.

PRICE: \$24.95



CLASSICAL STRETCH BUNDLE

with Miranda Esmonde-White

LEVEL: All

BUNDLE INCLUDES: Classical Stretch Seasons 7, 8, 9, 10, 11 and 12

RUNTIME: 3,450-minutes (150 x 23-min. episodes) 20 discs

LANGUAGE: English

TYPE OF WORKOUTS: Combination of Standing, Barre, & Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Pain Relief, Stress Release, Posture

PRICE: \$311.76
SPECIAL PRICE
(VALUE OF \$389.70)



VINTAGE COLLECTION DVD BOX SET (2001)

with Miranda Esmonde-White

LEVEL: Moderate to Advanced

RUNTIME: 315-minutes (2 x 60-min. workouts + 1 x 45-min. workouts + 5 x 30-min.) – 4 discs

BOX SET INCLUDES: Full Body Workout Vol.1 + Athletes Intense Stretch Workout + Arms & Abs Workout + Legs & Butt Workout + Full Body Workout Vol.2 + Express Oceanside Workout + Express Hallways Workout + Express Poolside Garden Workout

LANGUAGE: English

TYPE OF WORKOUT: Standing, Barre and Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Posture, Pain Relief, Stress Release

PRICE: \$54.95
SPECIAL PRICE
(VALUE OF \$79.90)



ESSEINTRICS PAIN RELIEF WORKOUTS BOX SET (2016)

with Miranda and Sahra Esmonde-White

LEVEL: Beginner **PACE:** Slow

RUNTIME: 128-minutes (1 x 45-min workout, 1 x 15-min workout + a 3 and 5 min bonus clip, 2 x 30-min workouts.) – 2 discs

LANGUAGE: English

TYPE OF WORKOUT: Standing, Barre and Floor

BENEFITS: Full body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder

DVD BREAKDOWN:

Posture: (standing & floor work): 30-min. workout

Pain-relief: (standing & barre work): 30-min. workout

Bonus "How-To" Clips: 10-min.

PRICE: \$34.95
SPECIAL PRICE
(VALUE OF \$39.90)



BEGINNERS BUNDLE with Miranda and Sahra Esmonde-White

LEVEL: Beginner

RUNTIME: 870-minutes (6 x 30-min. + 23 x 23-min.)

LANGUAGE: English

TYPE OF WORKOUTS: Standing, Barre, & Floor

BUNDLE INCLUDES: Age Reversing Workouts for Beginners: Mobility & Bone Strengthening, Age Reversing Workouts for Beginners: Posture & Pain Relief, Essentrics Toning for Beginners, Classical Stretch Season 11: Full Body Mobility

PRICE: \$99.84
SPECIAL PRICE
(VALUE OF \$124.80)



AGE REVERSING WORKOUTS FOR BEGINNERS: BOX SET (2015)

with Miranda Esmonde-White

LEVEL: Beginner **PACE:** Slow

RUNTIME: 140-minutes (4 x 30-min. workouts + 2 x 10-min. bonus clips) – 2 discs

BOX SET INCLUDES: Age Reversing Workouts for Beginners: Mobility & Bone Strengthening + Age Reversing Workouts for Beginners: Posture & Pain Relief

LANGUAGE: English

TYPE OF WORKOUT: Standing, Barre and Floor

BENEFITS: Full body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder

PRICE: \$34.95
SPECIAL PRICE
(VALUE OF \$39.90)



ESSEINTRICS BUNDLE with Miranda and Sahra Esmonde-White

LEVEL: All levels

RUNTIME: 600-minutes (2 x 60-min. + 9 x 30-min. + 4 x 25-min. + 8 x 15-min. workouts) – 10 discs

LANGUAGE: English

TYPE OF WORKOUTS: Standing, Barre, & Floor

BUNDLE INCLUDES: Essentrics Toning for Beginners, Essentrics Full Body Toning, Essentrics Ultimate Stretch Workouts, Essentrics Body Sculpting, Essentrics Barre Workout, Essentrics Strength and Stretch in Motion, Essentrics Class of 2012, Essentrics Arms, Abs & Waist Toner and Legs, Butt & Thigh Thinner

PRICE: \$151.68
SPECIAL PRICE
(VALUE OF \$189.60)

ESSEINTRICS CLASSICAL STRETCH™ | BUNDLES & BOX SETS - *Bundle & Save!*

by ESSEINTRICS



ESSEINTRICS FULL BODY WORKOUT VOL.3 & ESSEINTRICS STRETCH SERIES VOL.1 DVD BUNDLE (2017)
 With Miranda Esmonde-White, Amanda Cyr, Gail Garcea, and Meg Feeney
LEVEL: Beginner to Moderate
RUNTIME: 150-minutes (1 x 60-min. + 3 x 30-min.)
BOX SET INCLUDES: Esseintrics Full body workout Vol.3 & Esseintrics Stretch series Vol.1
LANGUAGE: English
TYPE OF WORKOUT: Standing, Barre and Floor

PRICE: \$34.95
 SPECIAL PRICE
 (VALUE OF \$39.90)

ESSEINTRICS | DVDS



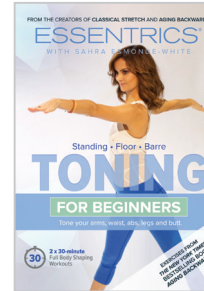
AGE REVERSING WORKOUTS FOR BEGINNERS: MOBILITY & BONE STRENGTHENING (2015)
 with Miranda Esmonde-White
LEVEL: Beginner **PACE:** Slow **RUNTIME:** 70-minutes (2 x 30-min. workouts + 1 x 10-min. bonus clips) – 1 disc
LANGUAGE: English
TYPE OF WORKOUT: Standing, Barre and Floor
BENEFITS: Full body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder
DVD BREAKDOWN:
 Mobility (standing & floor): 30-min. workout
 Bone Strengthening (standing & barre): 30-min. workout
 Bonus “How-To” Clips: 10-min.

PRICE: \$19.95



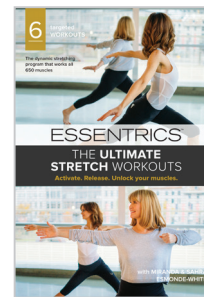
AGE REVERSING WORKOUTS FOR BEGINNERS: POSTURE & PAIN RELIEF (2015)
 with Miranda Esmonde-White
LEVEL: Beginner **PACE:** Slow **RUNTIME:** 70-minutes (2 x 30-min. workouts + 1 x 10-min. bonus clips) – 1 disc
LANGUAGE: English
TYPE OF WORKOUT: Standing, Barre and Floor
BENEFITS: Full body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder
DVD BREAKDOWN:
 Posture: (standing & floor work): 30-min. workout
 Pain-relief: (standing & barre work): 30-min. workout
 Bonus “How-To” Clips: 10-min.

PRICE: \$19.95



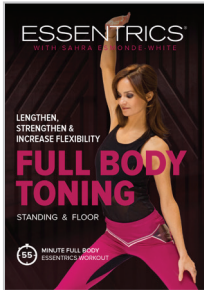
ESSEINTRICS TONING FOR BEGINNERS
 (2016) with Sahra Esmonde-White
LEVEL: All levels
RUNTIME: 60-minutes (2 x 30min. workouts) – 1 disc
LANGUAGE: English
TYPE OF WORKOUTS: Standing, Barre, & Floor
BENEFITS: Full Body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder
DVD BREAKDOWN:
 Full Body Toning & Barre Work: 30-min.
 Full Body Toning & Floor Work: 30-min.

PRICE: \$19.95



ESSEINTRICS THE ULTIMATE STRETCH WORKOUTS (2015)
 with Miranda & Sahra Esmonde-White
LEVEL: Beginner **RUNTIME:** 120-minutes (2 x 30-min. + 4 x 15-min. workouts) – 2 discs
LANGUAGE: English
TYPE OF WORKOUTS: Standing, Barre, & Floor
BENEFITS: Full Body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder
DVD BREAKDOWN:
 Activation Stretch with Sahra: 30-min.
 Release Stretch with Sahra: 30-min.
 Unlock: Feet, Ankles, Calves with Miranda: 15-min.
 Improve: Posture with Miranda: 15-min.
 Relieve: Shoulder Pain & Tension with Miranda: 15-min.
 Stretch: Psoas, IT, Hips with Miranda: 15-min.

PRICE: \$34.95



PRICE: \$19.95

ESSEINTRICS FULL BODY TONING

(2015) with Sahra Esmonde-White

LEVEL: All levels

RUNTIME: 55-minutes (1 x 55-min. workout) – 1 disc

LANGUAGE: English

TYPE OF WORKOUTS: Standing and Floor

BENEFITS: Full Body, Weight loss, Toning/Strength Flexibility, Stress release, Restore/healing, Posture



PRICE: \$34.95

ESSEINTRICS STRENGTH & STRETCH IN MOTION

(2012) with Sahra Esmonde-White

LEVEL: Moderate to advanced

RUNTIME: 100-minutes (4 x 25-min. workouts) – 2 discs

LANGUAGE: English or French

TYPE OF WORKOUTS: Standing, Barre, & Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Pain relief, Restore/healing, Posture, Back pain

DVD BREAKDOWN:

Strength - Full Body Workout: 25-min

Strength - Core and Legs: 25-min

Stretch - Hips and Hamstrings: 25-min

Stretch - Upper Body & Hamstrings: 25-min



PRICE: \$19.95

ESSEINTRICS BODY SCULPTING SERIES

(2014) with Sahra Esmonde-White

LEVEL: Moderate to advanced

RUNTIME: 90-minutes (3 x 30-minute workouts) – 1 disc

LANGUAGE: English

TYPE OF WORKOUTS: Standing, Barre, & Floor

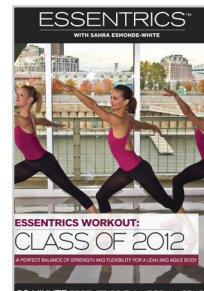
BENEFITS: Full Body, Toning/strength, Weight loss, Posture, Osteoporosis

DVD BREAKDOWN:

Ultimate Leg Sculptor: 30-min.

Ab Flattening & Waist Shaping: 30-min.

Arm Blast & Posture Boost: 30-min.



PRICE: \$19.95

ESSEINTRICS CLASS OF (2012) with Sahra Esmonde-White

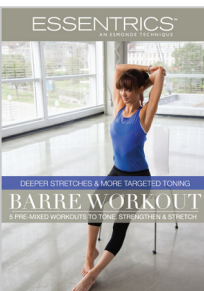
LEVEL: Moderate

RUNTIME: 60-minutes (1 x 60-min. workout) – 1 disc

LANGUAGE: English or French

TYPE OF WORKOUTS: Standing, Barre, & Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Posture, Osteoporosis



PRICE: \$19.95

ESSEINTRICS BARRE WORKOUT

(2013) with Sahra Esmonde-White

LEVEL: Moderate to advanced

RUNTIME: 60-minutes (3 x 15-min. + 1 x 9 min. + 1 x 7-min. workouts) – 1 disc

LANGUAGE: English or French

TYPE OF WORKOUTS: Standing, Barre, and Floor

BENEFITS: Full Body, Toning/strength, Flexibility, Pain relief, Stress release, Posture, Rehabilitation, Back pain

DVD BREAKDOWN:

Power Full Body Tone | Standing & Barre Toning: 30-min.

Thigh Thinning Workout | Standing, Floor Toning & Barre Toning: 40-min.

Hips, Back & Hamstring Stretch | Standing, Floor Stretch & Barre Stretch: 37-min.

Full Body Barre Workout | Toning & Stretching: 60-min.



PRICE: \$19.95

ESSEINTRICS PREGNANCY WORKOUT

(2012) with Miranda Esmonde-White & Ileana Ripas

LEVEL: Beginner to Moderate

RUNTIME: 45-minutes (1 x 45-min. workout) – 1 disc

LANGUAGE: English

TYPE OF WORKOUTS: Standing, Barre, & Floor

BENEFITS: Full Body, Toning/strength, Flexibility, Pain relief, Stress release, Posture, (Ideal for prenatal or postnatal)

ESSEINTRICS™ | DVDS



ESSEINTRICS ARMS, ABS & WAIST TONER AND LEGS, BUTT & THIGH THINNER (2010)

with Sahra Esmonde-White

LEVEL: Moderate to Advanced

RUNTIME: 60-minutes (2 x 30-min. workouts) – 1 disc

LANGUAGE: English

TYPE OF WORKOUTS: Standing, Barre, and Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Posture

DVD BREAKDOWN:

Arms, Abs & Waist Toner: 30-min.

Legs, Butt & Thigh Thinner: 30-min.

PRICE: \$19.95

CLASSICAL STRETCH™ | DVDS

by ESSEINTRICS



CLASSICAL STRETCH SEASON 12

AGING BACKWARDS (2017)

with Miranda Esmonde-White

LEVEL: Beginner to Advanced

RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs

LANGUAGE: English

TYPE OF WORKOUTS: Episodes are either

All-Standing, All-Barre, All-Standing & Barre or All-Standing & Floor

BENEFITS: Aging Backwards, Flexibility, Full Body, Toning/strength, Pain & Stress Relief, Posture, Mobility

PRICE: \$64.95



CLASSICAL STRETCH SEASON 10

STRENGTH AND FLEXIBILITY (2014)

with Miranda Esmonde-White

LEVEL: Moderate to Advanced

RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs

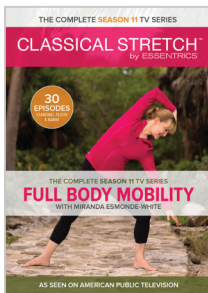
LANGUAGE: English

TYPE OF WORKOUTS: Episodes are either

All-Standing, All-Barre, All-Standing & Barre or All-Standing & Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Posture

PRICE: \$64.95



CLASSICAL STRETCH SEASON 11

FULL BODY MOBILITY (2016)

with Miranda Esmonde-White

LEVEL: Beginner to Moderate

RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs

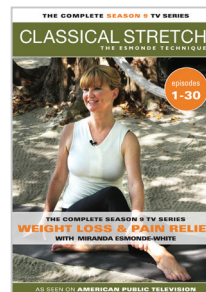
LANGUAGE: English

TYPE OF WORKOUTS: Episodes are either

All-Standing, All-Barre, All-Standing & Barre or All-Standing & Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Pain Relief, Stress Release, Posture

PRICE: \$64.95



CLASSICAL STRETCH SEASON 9

WEIGHT LOSS AND PAIN RELIEF (2012)

with Miranda Esmonde-White

LEVEL: Beginner to Moderate

RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs

LANGUAGE: English

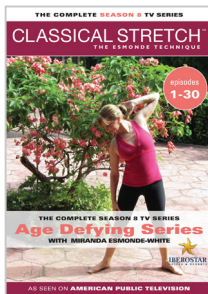
TYPE OF WORKOUTS: Combination of Standing, Barre and Floor

BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Rehabilitation, Osteoporosis, Arthritis, Back pain, Fibromyalgia, Breast cancer, Frozen shoulder

PRICE: \$64.95

CLASSICAL STRETCH™ | DVDS

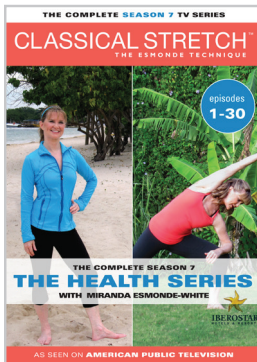
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PRICE: \$64.95

CLASSICAL STRETCH SEASON 8 AGE DEFYING SERIES (2011) with Miranda Esmonde-White

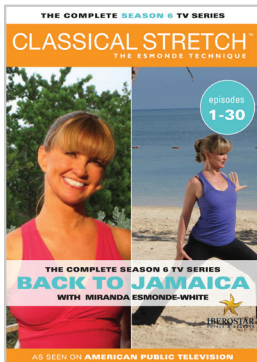
LEVEL: Moderate
RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs
LANGUAGE: English
TYPE OF WORKOUTS: Combination of Standing, Barre and Floor
BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Pain prevention, Stress release, Restore/healing, Posture



PRICE: \$64.95

CLASSICAL STRETCH SEASON 7 THE HEALTH SERIES (2010)

with Miranda Esmonde-White
LEVEL: Beginner
RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs
LANGUAGE: English
TYPE OF WORKOUTS: Combination of Standing, Barre & Floor
BENEFITS: Full Body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Osteoporosis, Arthritis, Back pain, Fibromyalgia, Breast cancer



PRICE: \$64.95

CLASSICAL STRETCH SEASON 6 BACK TO JAMAICA (2009)

with Miranda Esmonde-White
LEVEL: Moderate
RUNTIME: 690-minutes (30 x 23-min. episodes) – 4 discs
LANGUAGE: English
TYPE OF WORKOUTS: Combination of Standing, Barre & Floor
BENEFITS: Full Body, Toning/strength, Weight loss, Flexibility, Pain prevention, Stress release, Posture, Frozen shoulder



PRICE: \$49.95

CLASSICAL STRETCH SEASON 4 (2007) with Miranda Esmonde-White

LEVEL: Very Beginner
RUNTIME: 624-minutes (26 x 23-min. episodes) – 4 discs
LANGUAGE: English
TYPE OF WORKOUTS: Combination of Standing, Barre, & Floor
BENEFITS: Full Body, Flexibility, Pain relief, Stress release, Restore/healing, Posture, Surgery recovery, Rehabilitation, Osteoporosis, Arthritis, Back pain, Fibromyalgia, Frozen Shoulder, Breast cancer



PRICE: \$19.95

CLASSICAL STRETCH 55 MINUTE CORE WORKOUT (2010)

with Miranda Esmonde-White
LEVEL: Advanced (not for beginners)
RUNTIME: 55-minutes (1 x 55-min. workout) – 1 disc
LANGUAGE: English
TYPE OF WORKOUTS: Combination of Standing, Barre, & Floor
BENEFITS: Full Body, Weight loss, Toning/Strength, Flexibility, Posture



PRICE: \$19.95

CLASSICAL STRETCH BACK PAIN RELIEF AND PREVENTION (2010)

with Miranda Esmonde-White
LEVEL: Beginner to Moderate
RUNTIME: 55 minutes (2 x 14-min. workouts and 1 x 30-min. workout) – 1 disc
LANGUAGE: English
TYPE OF WORKOUTS: Combination of Standing, Barre, & Floor
BENEFITS: Full Body, Pain relief, Stress release, Restore/healing, Back Pain, Surgery recovery, Rehabilitation, Back pain, Fibromyalgia

NOTE: All of our DVDs will relieve and prevent back pain. This DVD is meant to provide instant relief for back pain.

THE ESMONDE TECHNIQUE

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All cheques/money orders are to be made out to

"THE ESMONDE TECHNIQUE"

Please no postal money orders or registered mail. Thank you!

NAME _____
ADDRESS _____
CITY _____ STATE/PROV _____ ZIP/POSTAL CODE _____
COUNTRY _____ PHONE # _____
EMAIL _____

CLASSICAL STRETCH DVDs:

	PRICE / QUANTITY
CLASSICAL STRETCH Season 12 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 11 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 10 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 9 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 8 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 7 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 6 _____	\$64.95 <input type="text"/>
CLASSICAL STRETCH Season 4 _____	\$49.95 <input type="text"/>
Back Pain Relief and Prevention _____	\$19.95 <input type="text"/>
Core Workout _____	\$19.95 <input type="text"/>

ESSEINTRICS AGE REVERSING DVDs:

AGE REVERSING WORKOUTS FOR BEGINNERS: Posture & Pain-Relief _____	\$19.95 <input type="text"/>
AGE REVERSING WORKOUTS FOR BEGINNERS: Mobility & Bone Strengthening _____	\$19.95 <input type="text"/>
AGE REVERSING WORKOUTS FOR BEGINNERS: Box set includes both Age Reversing DVDs _____	\$34.95 <input type="text"/>

ESSEINTRICS DVDs:

ESSEINTRICS: Pain-Relief Workouts Box Set _____	\$34.95 <input type="text"/>
ESSEINTRICS: Toning for Beginners _____	\$19.95 <input type="text"/>
ESSEINTRICS: Full Body Toning _____	\$19.95 <input type="text"/>
ESSEINTRICS: The Ultimate Stretch Workouts _____	\$34.95 <input type="text"/>
ESSEINTRICS: Body Sculpting Series _____	\$19.95 <input type="text"/>
ESSEINTRICS: Barre Workout DVD _____	\$19.95 <input type="text"/>
ESSEINTRICS: Strength and Stretch in Motion _____	\$34.95 <input type="text"/>
ESSEINTRICS: Class of 2012 _____	\$19.95 <input type="text"/>
ESSEINTRICS: Pregnancy Workout _____	\$19.95 <input type="text"/>
ESSEINTRICS: Arms, Abs and Waist / Legs, Butt and Thighs _____	\$19.95 <input type="text"/>

BOOKS:

BOOK: Aging Backwards (<i>New York Times Bestseller</i>) by Miranda Esmonde-White _____	\$24.95 <input type="text"/>
BOOK: Forever Painless by Miranda Esmonde-White _____	\$24.95 <input type="text"/>

BUNDLE AND SAVE

Classical Stretch DVD Bundle – a \$389.70 value _____	\$311.76 <input type="text"/>
Essentricks DVD Bundle – a \$189.60 value _____	\$151.68 <input type="text"/>
Beginners DVD Bundle – a \$124.80 value _____	\$99.84 <input type="text"/>
Vintage Collection DVD Box Set (2001) – a \$79.90 value _____	\$54.95 <input type="text"/>
Full Body Workout & Stretch Series DVD Bundle (2017) – a \$39.90 value _____	\$34.95 <input type="text"/>

SUBTOTAL _____

SHIPPING AND HANDLING FEE (\$7 for 1, \$10 for 2, FREE for 3 or more DVDs) _____

TAXES: (Exempt for USA). CANADA: Please add taxes for your province _____

TOTAL _____