

**BREATH SOUNDS TAPES \$12 ea.**

	<u>Inhale</u>	<u>Hold</u>	<u>Exhale</u>	<u>Hold</u>	<u>QUANTITY</u>
A.	6	3	12	3	_____
B.	8	4	16	4	_____
C.	4	16	8		_____
D.	5	20	10		_____
E.	6		6		_____
F.	8		8		_____

**RELAXATION TAPES \$ 10 ea.**

	<u>QUANTITY</u>
1. Sun Light Relaxation	_____
2. Locate Your Space	_____
3. Our Special Friend	_____
4. For Your Health Relaxation	_____

**Basic Back Care Video \$15 ea.** \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

**SHIPPING**

\$4.50 For the first tape.  
 \$1.00 For each additional tape.

**Total Amount** \_\_\_\_\_

Mail order form and payment to:

**Light Transitions Tapes**

692 Andrew Court  
 Benicia, CA. 94510