



SALES

for MARCH 2018

N.Y.'s only 100% Vegetarian Foods Market & Supplement Store!

Package Deals:

ANNIE'S NATURALS
Organic Dressings
assorted varieties

sale **\$3.79**
reg \$5.19

FOOD SHOULD TASTE GOOD

TORTILLA CHIPS
assorted flavors

sale **\$2.50**
reg \$3.89

ETERNAL
ARTESIAN WATER
1 Liter Bottle

sale **\$1.59**
reg \$2.29

1.5 Liter Bottle
sale **\$1.99**
reg \$2.59

CAFIX
CRYSTALS 7oz JAR

sale **\$5.59**
reg \$8.19

BACK TO NATURE
CRACKERS
assorted varieties

sale **\$3.29**
reg \$4.79

BARBARA'S BAKERY
CEREAL

HONEST O'S, BROWN RICE
CRISP, or HIGH FIBER
CRANBERRY

sale **\$3.79**

BIONATURÆ
CANNED TOMATOES
Paste

sale **\$2.69**
reg \$3.29

Strained
sale **\$3.29**
reg \$4.49

Crushed, Diced, Whole Peeled

sale **\$3.79**
reg \$4.69

GOOD HEALTH
POTATO CHIPS

Sea Salt or Rosemary & Olive Oil

sale **\$2.19**
reg \$3.49

GREEN MOUNTAIN GRINGO

Salsa

Medium, Hot, or Fire Roasted Garlic

sale **\$4.39**
reg \$4.79

NATURE'S PATH

ORGANIC OATMEAL
Assorted Varieties

sale **\$3.89** reg \$5.29

Assorted Gluten-Free
sale **\$4.39** reg \$6.29

CHOICE ORGANIC TEAS
ALL VARIETIES

sale
25% OFF

Cooler / Freezer Deals:

GARDEIN
ASSORTED
MEATLESS MEATS

sale **\$4.99**
reg \$5.99-\$6.39

WOODSTOCK
FROZEN
ALL VARIETIES

sale
20% OFF

So Delicious
COCOWHIP
Original - 9oz

sale **\$3.29**
reg \$5.09

SUNJA'S
ORIENTAL FOODS
Kimchee
MEDIUM SPICY
sale **\$6.59**
reg \$8.39

STONYFIELD
Organic 32oz
Plain Yogurt
Whole Milk, Low Fat,
or Fat Free
sale **\$4.39**
reg \$5.79



Integral Yoga
100% Vegetarian
Natural Foods
Natural Apothecary



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More Package Deals

ALMOND BREEZE

UNSWEETENED
ALMOND MILK
original or vanilla

sale \$3.99
reg \$5.99

GREEN VALLEY ORGANICS

Organic 6oz
Yogurt

Plain or Vanilla
sale \$1.69
reg \$2.49

Kite Hill

Organic 6oz
ALMOND MILK
YOGURT

Plain Unsweetened
sale \$5.49
reg \$7.79

SIGGI'S SKYR

ICELANDIC YOGURT
assorted varieties
5.3oz

sale \$1.69
reg \$2.69

24oz

sale \$5.49
reg \$8.19

MORE COOLER/ FREEZER DEALS

WYMAN'S

Wild Frozen
Blueberries

15oz

sale \$4.49

reg \$5.99

3lb

sale \$13.49

reg \$16.99

MCCANN'S IRISH OATMEAL

Quick & Easy 16oz

sale \$4.89
reg \$6.79

Quick & Easy 28oz

sale \$7.99
reg \$10.69

MIDEL

CHOCOLATE SNAPS

sale \$3.39
reg \$4.69

GINGER SNAPS

sale \$3.69
reg \$5.19

SIMPLY ORGANIC

Cinnamon - 2.45oz

sale \$3.99
reg \$6.29

ANCIENT HARVEST

PASTA

Garden Pagodas,
Spaghetti, or Rotini

sale \$3.29
reg \$3.99

MUIR GLEN

PASTA SAUCE
assorted varieties

sale \$3.89
reg \$4.69

MARANATHA NATURAL FOODS

CREAMY OR CRUNCHY PEANUT BUTTER

sale \$5.99 reg \$7.99

CREAMY OR CRUNCHY ALMOND BUTTER

sale \$9.19 reg \$12.19

RAW CREAMY ALMOND BUTTER

sale \$19.99 reg \$25.59

WHOLESOME SWEETENERS

ORGANIC UNSULPHURED
BLACKSTRAP MOLASSES 16oz

sale \$4.99 reg \$7.09

ORGANIC RAW UNFILTERED HONEY
16oz

sale \$7.59 reg \$10.79

MEDITERRANEAN ORGANIC

CAPERS

sale \$2.79
reg \$3.99

Pacific Naturals

REGULAR OR UNSWEETENED

Coconut, Almond, Vanilla
Almond, Oat, or Vanilla Oat

sale \$2.69
reg \$3.99-\$4.19

GREEN MOUNTAIN GRINGO

TORTILLA STRIPS

Blue or White

sale \$2.99
reg \$4.19

LATE JULY SNACKS

SNACK CHIPS
assorted varieties

sale \$2.69
reg \$3.69

FIND US ON
Instagram!

@IYNFA_

NaturalFoodsNYC

SIMPLE MILLS

CRACKERS
original, jalapeño,
garlic & herb, or
everything

sale \$4.39
reg \$5.99

WOODSTOCK

Organic Thompson Raisins

sale \$5.39
reg \$6.99

Raw Thick Almonds

sale \$6.99
reg \$9.49

Organic Raw Almonds

sale \$9.79
reg \$12.99

Some Items may not be available. Not responsible for typographical errors. Offers cannot be combined with any other discount.

All deals valid from
March 1st, 2018 to
March 31st, 2018.



SALES

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Bodycare Deals:

HERBAL MAGIC

3oz - ALL VARIETIES

sale **\$5.79**
reg \$7.99

Alba Botanica

SHEET MASKS
assorted varieties

sale **\$2.49**
reg \$3.59

DESERT ESSENCE
Coconut Shampoo or Conditioner
8fl oz

sale **\$6.49**
reg \$8.99

SOUTH OF FRANCE SOAP BARS

6oz

Lavender Fields, Shea Butter, or
Climbing Wild Rose

sale **\$3.49**
reg \$4.69

Bulk Deals

Organic Bulk
PINTO BEANS
PLU #81

sale **\$2.99/lb**
reg \$3.49/lb

Organic Bulk
SWEET BROWN RICE
PLU #23

sale **\$2.99/lb**
reg \$3.49/lb

Organic Bulk
SUNNY BEARS
PLU #570

sale **\$13.99/lb**
reg \$15.49/lb

Organic Bulk
**UNSWEETENED
BANANA CHIPS**
PLU #162

sale **\$3.99/lb**
reg \$4.99/lb

INTEGRAL YOGA NATURAL FOODS



Integral Yoga
100% Vegetarian
Natural Foods
Natural Apothecary

Fasting and Detoxification:

**A Time-Honored
Tradition**

with

**MANU DAWSON,
C.Y.N.Th.**

**Saturday,
March 24th**

**1:00 p.m. – 3:00 p.m.
\$25**



Learn about detoxification and fasting methods, using water, juices, and specific foods, nutrients, and herbs to detoxify the system as you discover the physiological and psychological benefits of fasting and the best ways to begin, maintain, and break a fast. Fasting on this day is not a requirement for attending the workshop.

Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.

Integral Yoga Institute

227 West 13th Street, NYC •
iyiny.org •



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Apothecary Deals

BACH Rescue Remedy

KIDS

sale **\$12.99**
reg \$16.99

DROPS

sale **\$18.99**
reg \$23.99

SLEEP

sale **\$18.99**
reg \$23.99

Nutrition Now

VEGETARIAN ACIDOPHILUS

60 CAPS

sale **\$14.99**
reg \$21.49

120 VCA

sale **\$17.99**
reg \$27.49

ORGANIC INDIA

MORINGA OR TRIPHALA
90 VCAP

sale **\$14.99**
reg \$21.49

ASHWAGANDHA
120 VCAP

sale **\$17.99**
reg \$27.49

BIO-ALLERS

1oz

Pollen / Hayfever

sale **\$9.99**
reg \$12.45

Enjoy our Every Day Low Prices!



SIVANANDA Ashram Yoga Retreat BAHAMAS

Located on Paradise Island on one of the finest beaches in the world, the Sivananda Ashram Yoga Retreat is a vibrant, tropical oasis, offering you a unique combination of modern yoga retreat and traditional yoga ashram, connected to a classical community. Come stay, learn, and practice with us.



EC EXPERIENTIAL COURSE

April 24 — May 3, 2018

Spring Cleanse, Detox, and Juice Fast

Cleanse and rejuvenate, invigorate your natural body wisdom, and establish new habits. This intensive program initiates transformation on the physical, emotional, mental, and spiritual levels. We begin gradually with a few days of raw food, followed by fruit and vegetable juice fasting, and end with a raw food diet — all supported by detoxifying herbs and supplements. Yoga classes and beach walks will enhance digestion, elimination, and integration for optimum cleansing and health. Nutritional consultations are also available.



Paradise Island, Bahamas



Manu Dawson

Manu Dawson is a certified Yoga Nutrition Therapist and Integral Yoga teacher, who has worked in the natural foods industry for over 25 years and directed hundreds of people in detoxification protocols. He is the manager of the Integral Yoga Natural Apothecary in New York City, where he offers one-on-one diet and nutritional consultations. Manu is a direct disciple of Swami Satichidananda, who was a direct disciple of Swami Sivananda.

www.integralyoganaturalfoods.com

Details & Registration at sivanandabahamas.org

1.866.559.5167 • nassau@sivananda.org

HYLANDS HOMEOPATHIC

Sleep Tabs

SLEEP AID - 100 tabs

sale **\$7.99**
reg \$11.79

Tara's Whey WHEY PROTEIN 12oz

sale **\$17.99**
reg \$23.19

Tara's Whey GOAT WHEY PROTEIN 12oz

sale **\$24.99**
reg \$32.99

Why Not Enjoy a 100% Organic, Freshly Pressed Juice or Smoothie in Our Juice Bar?

Some Items may not be available. Not responsible for typographical errors. Offers cannot be combined with any other discount. Items that are ordered between All deals valid from March 1st, 2018, to March 30th, 2018, will be eligible for deals offered.

We appreciate your business! Om shanti!

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All deals valid from March 1st, 2018 to March 31st, 2018.