

SIMETRO books

2017

Gifts Books Yoga Calendars Art Photography

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Small gift tomes page 4-7

MINI COLLECTABLE TOMES WITH THOUGHTS AND IDEAS
FOR EVERY SPECIAL MOMENT • 13 TITLES SET



Books - gift for you page 8-9

SET OF 10 BEST SELLING BOOKS WITH LUXURY FRONT PADDED COVERS



Greeting from the heart page 10-11

SET OF 10 TITLES INSTEAD OF A CARD HEART-BOOKS



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CALENDARS WITH THOUGHTS FOR EVERY DAY



Small books about... 16 TITLES FOR SPECIAL MOMENTS page 16-19



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FORTUNE BOXES

FULL OF 24 SCROLLS
WITH WISHES AND THOUGHTS



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BOOKS WITH FAMOUS THOUGHTS ABOUT...



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MINI COLLECTABLE TOMES WITH
THOUGHTS AND IDEAS FOR EVERY
SPECIAL MOMENT • 13 SETS

SMALL GIFT TOMES

set of 2 gift tomes per theme in
slipcase | size: 5 x 6.5 x 3.3 cm
pages: 128 each tome | hardcover

Our new book mini-series is
charming and eye-catching!
These books may be small in
size, but they give so much
joy. They are a perfect gift
for various special occasions
or when you just think of
somebody and want to bring
them a little bit of happiness.



Dog stories/Cat manners

The war between cats and dogs is a never-ending story, but that doesn't matter to us, because we love them both. The two little books are the perfect gift for someone whose life has been recently invaded by these sweet hairy creatures (that break stuff now and then).



Inspire yourself every day!





It's a girl!/Her name is...

Children bring magic and laughter to our days. They change our perspective on life without even trying. If you or someone special to you is celebrating the birth of a little princess – these books are the right gift. These quotes will make you smile and if you haven't chosen a name yet – the second volume can solve that dilemma.



It's a boy!/His name is...

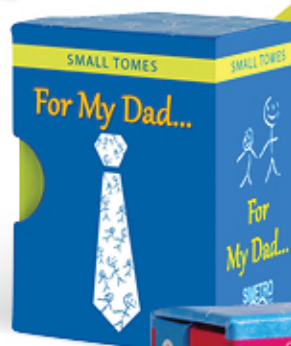
Children bring magic and laughter to our days. They change our perspective on life without even trying. If you or someone special to you is celebrating the birth of a sweet baby boy – these books are the right gift. These quotes will make you smile and if you haven't chosen a name yet – the second volume can solve that dilemma.

For My Dad...

These books are a wonderful choice if you want to show appreciation of all those acts of kindness which your father has done to you over the years.

With love

If you cannot stop thinking about someone (although the pile of work on your desk isn't getting any smaller) – buy them this gift book. The lovely volumes will show them just how special they are to you.



For my mom...

These books are a wonderful choice if you want to show your love and appreciation of all the care that your mother has given you. And your mother will be touched beyond words.



The Birthday is... your special day

Doesn't matter how many candles there are on the cake – this gift is perfect for any age. From these books you will learn some interesting facts about birthday traditions in different countries; you will read some clever quotes from famous people who share the same zodiac sign as you and you will know what the stars have to say about your birthday.



Faith and Hope

The thoughts in these books will help you confidence and self belief. It can also be a gift for someone who's life is changing, where the right words can make a difference.



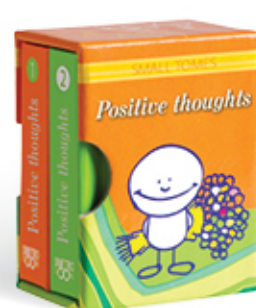
About sex with love

These books are a sweet and playful gift for your special one. It's guaranteed that this it will give them a good laugh with its funny and witty quotes.



To be a Friend

It has been said that a friend is someone who knows all about you and still loves you. This book is a gesture of appreciation to all our dear friends, who deal with our little quirks, who make us laugh when we want to cry and always show up in times of need.



Positive thoughts

Often things don't go as we've planned, but it's no time for despair! What you need is a change of your mindset and a few positive thoughts. Our books are the ideal gift when you need to remember that positive attitude attracts success and that there is a silver lining even in the darkest times.



Success

If you aim for success don't let any negative thoughts distract you! The quotes in these books are carefully chosen to be uplifting and inspiring, so they are great for the moments when we deal with big changes or have to make a huge step towards fulfilling our dreams.



A gift of wisdom

Small in size, but packed with wisdom from across the ages. These books are a lovely gift for you and your loved ones. In stressful times they'll give you peace, when you feel down they'll inspire and cheer you up.

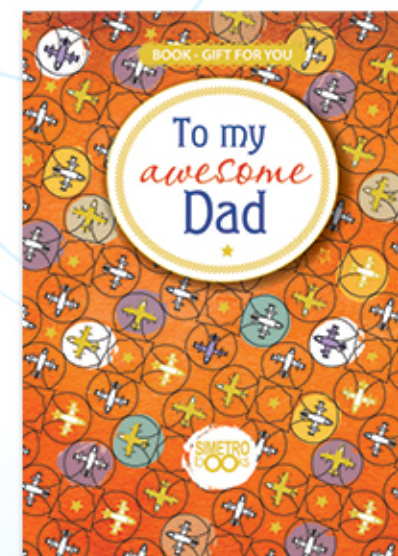


SET OF 10 BEST SELLING BOOKS
WITH LUXURY FRONT PADDED COVERS

BOOK-GIFT for you

size: 10,5 x 15 cm | pages: 32
covers: hardcover, front foam padded,
gold effect

Sometimes we can't find the right words for those important things that we want to say to our loved ones. These gift books will help express your sentiments. They are great gifts for friends from anywhere in the world and will find a special place in one's heart.





SET OF 10 TITLES INSTEAD OF A CARD
HEART-BOOKS

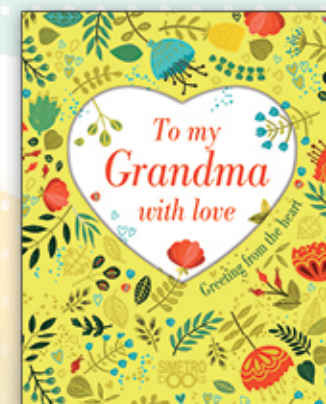
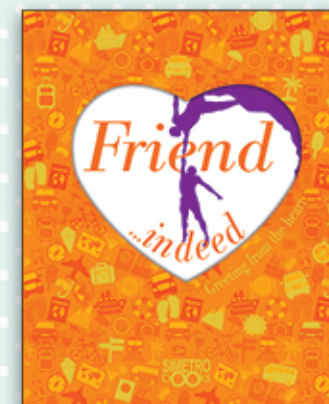
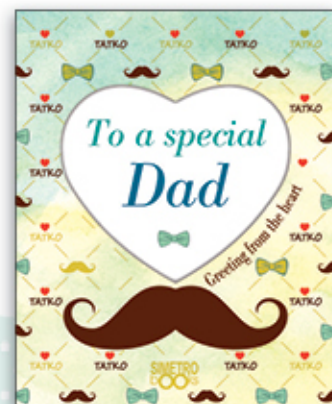
Greeting from the heart

size: 10,5 x 13 cm | pages: 24

covers: limpcover, saddle wire stitch
with 2 wires, diecut heart-shape

These are our very special titles
with impressive artwork and
wonderful words.

Words that leave a heart-shape
trace. They are created with
love and bring joy, and positive
emotions to the most special
people who you decide to give
these as a present.



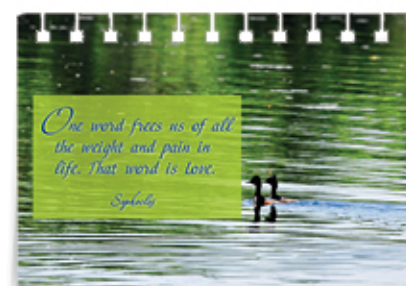


CALENDARS WITH 365 PAGES
FOR EVERY DAY

365 days

size: 10.5x15 cm | pages: 368 |
base: cardboard
cover: transparent plastic cover
package: shrinkwrapped

Our calendars “365 days...” contain a rich selection of carefully chosen inspirational thoughts with beautifully matched illustrations, making them timeless, special gifts, that will brighten up any day. They will adorn any space in which they are placed and since they aren’t bound to a specific year they will never be outdated.



365 days Thoughts about Love

It has been said that love makes the world go round and it's true. And if you want to show someone that your world revolves around them - this calendar is the perfect way. With its beautiful quotes it will bring joy to your loved ones and reassure them that they are in your thoughts.





365
days

Positive thoughts

Are you feeling blue today or is it just Monday again and you are feeling grumpy? What you need is this calendar full of positive thoughts that will brighten up any day of the year.



365
days

Thoughts for happiness

Life is a search for happiness, and you sometimes need a little inspiration to get there. This calendar full of well chosen quotes will light the spark in you and get you one step closer to fulfilling your dreams.



365
days

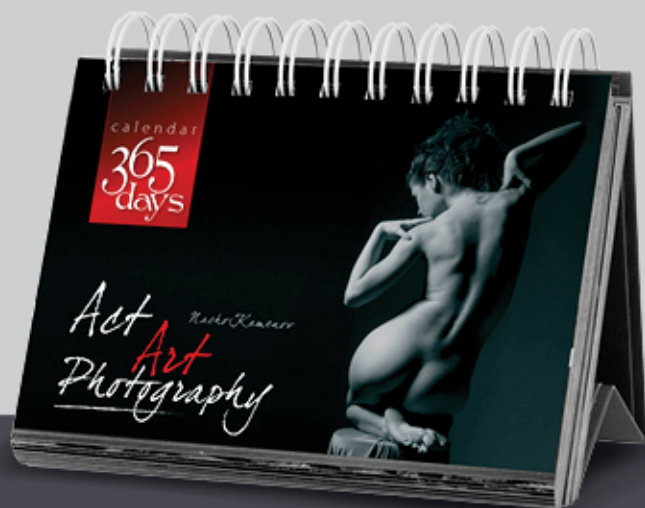
Wisdom for every day

Though we all struggle to take advice, everyone sometimes needs words of wisdom. This calendar is a wonderful gift you can give to yourself or anybody else. It's guaranteed that it will inspire you and maybe by the last page you will even feel a little bit wiser.

New!
365
days

Act Art Photography

This calendar contains high-quality photographs of women that will play with your imagination. The artistic and stylish selection makes this a premium calendar for your desk, so allow yourself to dive into the fascinating world of these exceptional photographs.





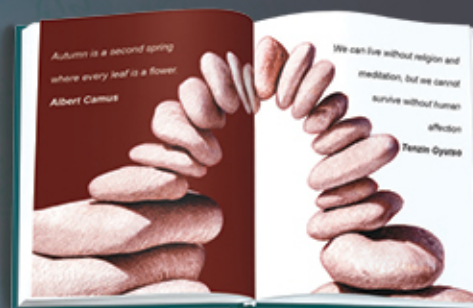
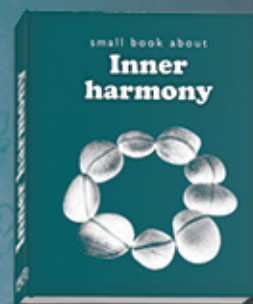
16 TITLES FOR SPECIAL MOMENTS

small books about...

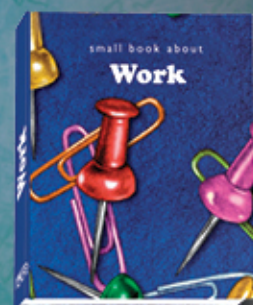
size: 8 x 10 cm | pages: 80
covers: hardcover and luxury jackets

With their delightful illustrations and carefully selected quotes this series of books is a charming addition to your gifts. They will help you when you can't find the right words, but want to express your appreciation, gratitude and love. We offer a wide range of topics, so there is a suitable book for every occasion.

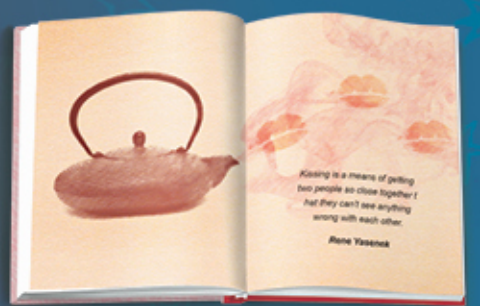
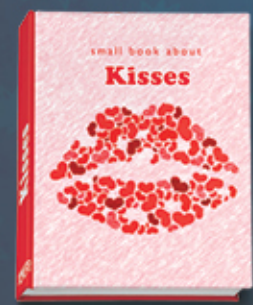
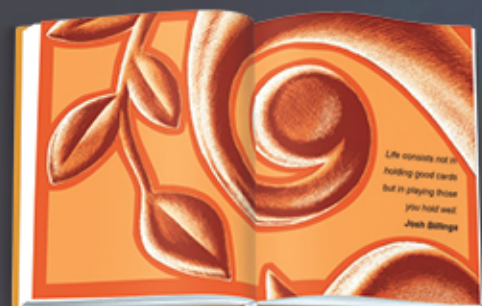




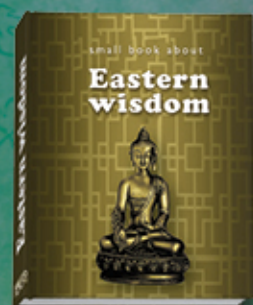
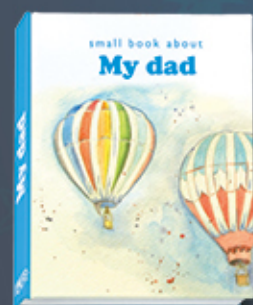
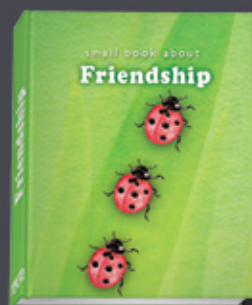
small books about...



SMALL BOOKS contain brief and amusing thoughts and sayings of famous people about topics as love, friendship, mother, hope..



the important things in LIFE.





FORTUNE BOXES FULL OF 24
SCROLLS WITH WISHES AND
THOUGHTS

24 fortune wishes

original cardboard box 12.5 x 10 x 3.7 cm
size: 6.5 x 6.5 x 3.3 cm | set of 24 scrolls

Each one of these little boxes contains 24 scrolls with carefully chosen quotes on different subjects.

Our "Fortune wishes" can be a very nice gift, suitable for any occasion or no occasion at all. They are a sweet way to make someone's day better and bring a smile to their face.



BOOKS WITH FAMOUS THOUGHTS
ABOUT...

SQUARE BOOK about..

luxury issue | size: 12 x 12 cm |
pages: 64 | hardcover

about cats

This book is full of funny quotes about cats, which will surely make you smile, but the pictures of cute kittens will inevitably stole your heart.

about dogs

This book is full of famous people's quotes about the man's best friend. The chosen thoughts will make you cherish your dog even more and the pictures will definitely cause many smiles, because they're just too cute for words.

about happiness

Our book contains simple, but beautiful, poetry about happiness. These positive thoughts will brighten up any gloomy day.

about friendship

Our book contains simple, but beautiful, poetry about friendship. Wonderful gift for the moments when you want to show gratitude.



The colourful illustrations help to create beautiful books. These products are compact and charming. They are designed to be perfect gifts for your special ones.

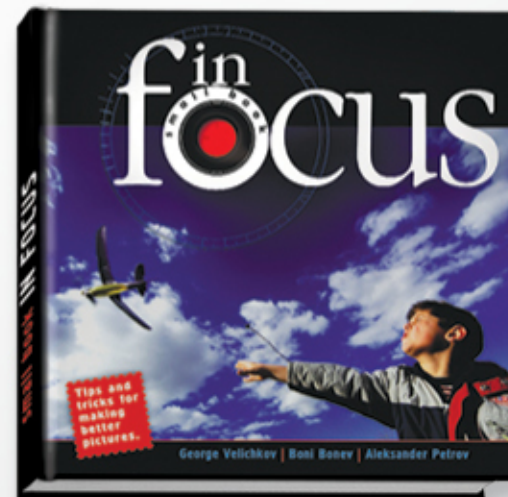


SHORT ENCYCLOPEDIA ABOUT
PHOTOGRAPHY

fⁱⁿ focus

size: 14.5 x 14.5 cm | pages: 128
cover: gatefold cover

This practical guide will help you get the most from your camera. The book contains 128 pages of useful advices and helpful guidance, illustrated with stunning photos. We hope that our product will help all beginner photographers to achieve even more.



The book covers many topics, a part of them are: How to choose your camera; White balance; Optical stabilization; Resolution; Sensitivity and noise; Choosing your background; Composition; Types of lighting; Color and color harmony; Black and white photography; Low light; Underwater; Portrait; Landscape; Nude photography; On the street; Interior; Macro; Children; Family gatherings; Wedding; Experiments and many, many more.



22 THEME LITTLE CARD-BOOKS
WITH WISHES

CARD-BOOKS

book size: 4.5 x 8 cm | pages: 16
hardcover with color ribbon

The card is an essential part of every gift, but sometimes when it's time to sign it, it is a total chaos in your head and you cannot find the right words. For moments like this we suggest that you choose our gift cards, containing thoughts on a wide variety of themes. They will help you express your feelings and they will certainly bring joy to your loved ones.



All gift cards have
hardcover and
grosgrain ribbon, so
you can easily attach
them to your gift.

Cheers

Best wishes

Success

Happy Birthday

With love

Prosperous days

Congratulations

For you

Thank you

Good luck

I love you

With respect

Flowers for you

For a good friend

For your special day

With smile

Believe in your dreams

Be happy

Thinking about you

Wish you happiness



2 THEME OF 52 FLIPPING CARDS
WITH INSPIRING THOUGHTS

Flipping cards

body size: 10 x 7.5 cm | stand: oak
dimensions: 19 x 16 x 9 cm



Flipping cards with thoughts for motivation

This is a unique and beautiful gift, which you can give to yourself or loved ones. Our product is made of solid wood, covered with varnish. It contains 52 cards with motivational thoughts to help achieve success. This gift will adorn any space in which is placed.

Flipping cards with thoughts for leaders

This is a unique and beautiful gift, which you can make to you or to your loved ones. Our product is made from solid wood, covered with varnish. It contains 52 cards with motivational thoughts for success.

The goal of our stylish gift is to inspire you, while it nicely decorates your work desk.



LUXURY CARDS FOR EVERY GIFT



gift Cards

size: 7.5x5.2 cm | package: plastic bag
self adhesive | ribbon

Our luxury gift tags are the perfect finishing touch to that beautifully wrapped present! And you can use them as gift cards to write your heartfelt wishes.

They can be attached through the grosgrain ribbon and they come in multiple delightful colors and patterns.





DVD PRACTICAL GUIDES

kundalini Yoga VIDEO

high quality videos with yoga practices



30 | www.simetro.com/en



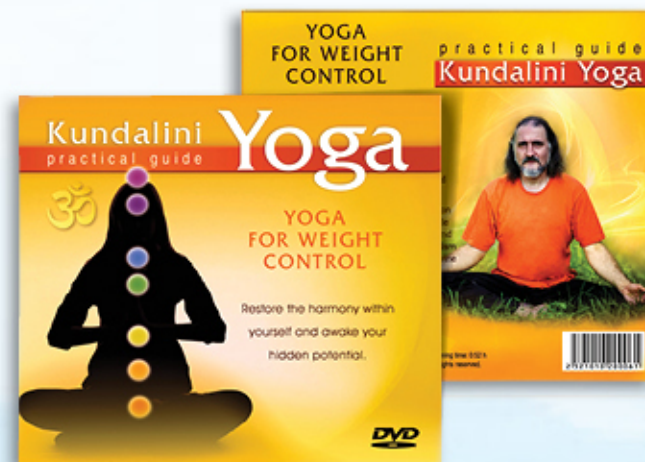
General Practice

These exercises activate the basic body mechanisms and restore its natural state, which is power, health, flexibility, endurance and an excess of energy.

The general yoga practice is a combination of different types of yogic techniques - mudras, bandhas, asanas, vinyasa, pranayama, avritasani, crocodile exercises and others.

The exercises are arranged in several parts with a specific order. They restore the proper working of musculoskeletal system, respiratory tract, endocrine glands, the mobility of the body and they neutralize the accumulated stress.

Running time: 1:43 h



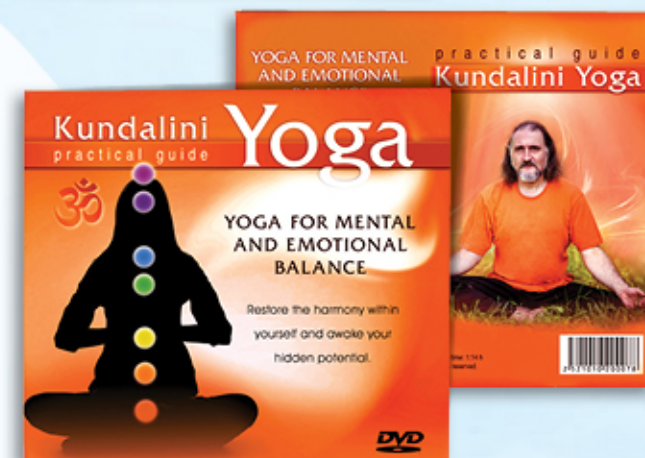
Exercises for weight control

This is a practical guide for Kundalini Yoga – ancient method of restoring harmony and awakening your hidden potential - mentally and physically.

The program for weight control is a combination of physical and breathing techniques - crocodile exercises, asanas, vinyasa, mudras, bandhas and pranayama, focused on activating the metabolism and stimulating the internal organs and endocrine system.

Dynamic program that won't tire you out, but it'll trigger the mechanisms for weight loss.

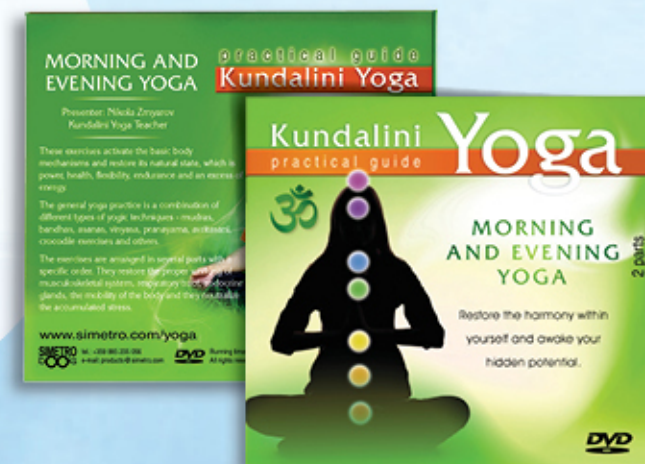
Running time: 0:52 h



Program for mental and emotional balance

This yoga program is a combination of breathing and mind-energizing exercises, which regulate the functions of the central nervous system; neutralize the accumulated tension and stress; improve the carbon-oxygen exchange and cellular respiration; awake the sleeping brain potential; purify the psychic energy and restore the man's ability to enter into samadhi (deep and intense meditation), when the mind is purified and the body heals itself on cellular level.

Running time: 1:14 h



Morning and evening practice

This is a practical guide for Kundalini Yoga – ancient method of restoring harmony and awakening your hidden potential - mentally and physically.

The morning program activates the body, its basic physical and breathing reflexes. It prevents fatigue and sleepiness during the day, and it'll load you with an excess of energy.

The evening program neutralizes the accumulated tension and stress; balances the mind and improves the oxygen transport in the body. You should do it before dinner.

Running time: 1:00 h