

Introducing a selection of these stunning and delicate gemstone Mala Beads in a variety of styles and stones handmade from India!

Available at Yoga Workshops with Joanna

And also by post (add £1 p+p)

Contact me with your order:

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The Mala is worn by yogis all over the world. It is a rosary containing 108 beads. It is used for keeping count while reciting, chanting, or mentally repeating a mantra or name/s of a particular deity, a practice known in Sanskrit as japa.

Hindu tradition holds that the correct way to use a mala is with the right hand, with the thumb flicking one bead to the next, and with the mala draped over the middle finger. The index finger represents ego, the greatest impediment to Self-Realization, so it is considered best avoided (as with the ego) when chanting on a mala. "Complete freedom from the bondage of mind and ego will create a flow of love within. People are bound by the past and the future; that is why it so difficult to find true love in the world. In order to really be able to love, both the past and the future must dissolve and disappear." Amma . Yet another significant aspect of rudraksha is that it is a favourite of Lord Shiva.



Rose Quartz Mala

Rose Quartz: Serves to open the heart, enhances creativity, and heals emotional wounds, broken hearts. Considered the love stone, beneficial to circulatory system and aids in relieving anxiety. It is calming, gentle and tender. It provides a loving energy to the heart. Rose quartz is a stone of unconditional love. It opens the heart chakra to all forms of love: self-love, family love, platonic love, and romantic love. Rose quartz has excellent protection energies during pregnancy and childbirth. The elevated energy of quartz gives rose quartz a property of enhancing love in virtually any situation. It also brings gentleness, forgiveness, and tolerance. Rose quartz is also said to be helpful with weight loss. Rose quartz is associated with the heart chakra.

£12.50



Jade Mala

Jade: Known as the dream stone. Enables understanding of dreams. Beams love, courage, chastity and wisdom. Balances emotions, increases ability to express oneself. Provides comforting energy, endurance and peace. Jade is a stone of the heart. As such it is related to the heart chakra and has a beneficial effect on all heart chakra related issues. So, of course, it can attract and enhance love of all kinds. It is also a stone of fidelity and generosity. It is also considered to be good for the physical heart and for emotional balance and stability. It is used in crystal healing for increasing self-reliance. Jade is also very helpful as a stone of abundance. Physically, jade is used to heal lung problems, kidney problems, immune system weakness, and nervous system overwork.

£12.50



Rudraksha Mala

Rudraksha Beads: Creates peace of mind. Relieves stress. Cooling to the body. Strengthens the heart. Reduces blood pressure. Protects against negative forces and thoughts. Sacred to many cultures. Named the "tears of Shiva".

£10.50



Rock Quartz Mala

Quartz is a power stone that harmonizes and balances. It is said to enhance energy and thoughts, and purify the spiritual, mental, and physical. It is also said to be a powerfully protective stone, bringing the purified energy in. Historically this crystal has been used to counter black magic, to perform diagnostic healing, and to communicate with spirits and other worlds. Clear quartz, as opposed to colored quartz, is associated with the crown chakra, but also works well on all chakras.

£12.50



Sandalwood Mala

Sandalwood is a sacred wood with a lovely aromatic scent. It is used extensively in modern times for incense, aromatherapy, carvings, malas (prayer beads), Ayurvedic medicine, perfumes, and essential oils, where it is said to bring one closer to the Divine. In ancient India, Egypt, Greece, and Rome it has been used for over 4000 years for purposes as diverse as building Hindu temples, and embalming. Sandalwood, as well as the modern uses. Sandalwood's scent is both excellent for staying present and alert during meditation, which makes it wonderful for ritual and spiritual practice. Its scent is said to transform desires, and also to bring emotional balance. In alternative healing, sandalwood is used in Ayurvedic medicine, and to treat anxiety, insomnia, neuralgia, sciatica, depression, urinary tract infections, coughs, nausea, dry skin, cardiac tonic, inflammations, fevers, antiseptic, dysentery, and stress-related disorders. Sandalwood is also used as an aphrodisiac.

£12.00



Shiva Shakti Rudraksha and Crystal Wrist Mala

These beautiful wrist malas consist of a mixture of Shiva (male energy- represented by Rudraksha) and Shakti (female energy represented by clear rock quartz and pearl) beads . As they are worn more consistently, they will become smoother and softer to the touch. The beads are strung on elastic – one size fits all.

Rudraksha Beads: Creates peace of mind. Relieves stress. Cooling to the body.

Strengthens the heart. Reduces blood pressure. Protects against negative forces and thoughts. Sacred to many cultures. Named the "tears of Shiva". Sacred Indian prayer beads. Yet another significant aspect of rudraksha is that it is a favourite of Lord Shiva.

£6.50