



Siesta is a Fair Trade company importing handicrafts and artefacts from many countries around the world. We always try to source products that reflect the society and culture of their respective countries whilst also aiming to keep traditional crafts alive.

## Global Heritage

Our range of cultural products is eclectic covering several global religions and beliefs both contemporary and historical. We hope that by trading with our producers we are helping them to achieve economic self-sufficiency and keeping their traditional skills, crafts and expertise alive, whilst simultaneously bringing to our customers the skills and crafts of other cultures.



**FULL COLLECTION AVAILABLE TO VIEW ONLINE**  
[www.siestacrafts.co.uk](http://www.siestacrafts.co.uk)

**BAFTS**<sup>®</sup>  
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**Siesta**

# Buddhism

Buddhism originated in ancient India and is based on the teachings of Siddhartha Guatama, the Buddha. It is the world's fourth largest religion with over 500 million followers across the world.

The focus on personal spiritual development coupled with a striving for knowledge of the true nature of life makes Buddhism a very popular faith amongst many people trying to understand the rapidly changing modern world.



1201  
Small Handcarved Sitting  
Buddha (10cm)



1202  
Medium Handcarved  
Sitting Buddha (15cm)



5250 - Mini Metal  
Buddha (3cm)  
5255 - Resin Buddha  
(10cm)



NP467  
Painted Resin Buddha  
(8cm)



NP352  
Sajaya Resin Buddha  
(11cm)



NP602  
Avalokiteshwara Resin  
Statue (18cm)



NP353  
Sajaya Resin Tara  
(11cm)



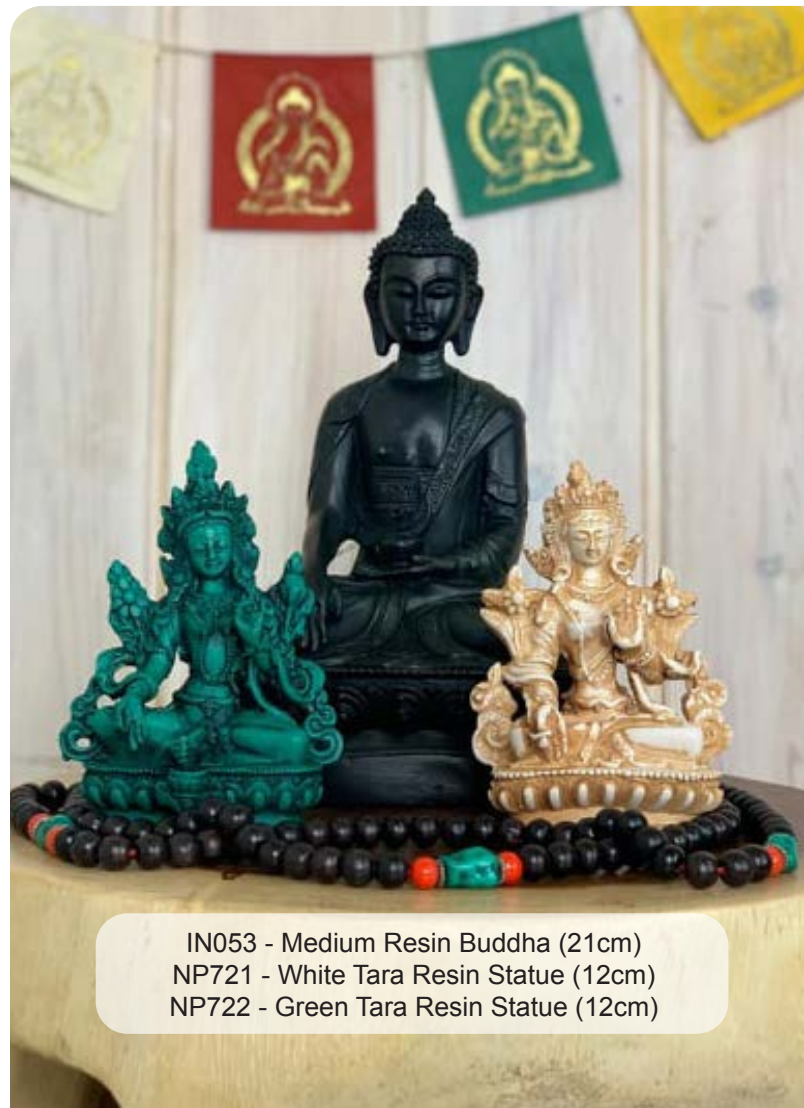
NP631  
Resin Dancing Tara Statue  
(21cm)



NP139  
Small Bhairab Mask  
(20cm)



1550  
Buddha Mask  
(28cm)



IN053 - Medium Resin Buddha (21cm)  
NP721 - White Tara Resin Statue (12cm)  
NP722 - Green Tara Resin Statue (12cm)

# Buddhist Ritual Objects

Buddhists utilise a wide range of ritual objects in their daily practice and we have represented a selection of the most common here, however many more can be found on our website. Prayer wheels or mani wheels are uniquely Buddhist objects and are used to recite mantras in a non-verbal manner. Within most prayer wheels is a rolled up scroll, inscribed with many repetitions of a mantra, usually Om Mani Padme Hum. With each clockwise rotation of the wheel, the mantra is effectively recited many times allowing the practitioner to accumulate wisdom and merit.



We carry a wide range of prayer wheels from very small to very large - all available on our website



NP061  
Set of Offering Bowls



NP443  
Travelling Altar



NX1 / NX1B  
Small / Large  
Tibetan Bells and Dorjes



NP477 - Gods and Goddesses Book  
NP478 - Ritual Objects and Deities Book



NP668  
Buddhist Themed Postcards



IN354  
Buddha Wall Hanging



NP517  
Om Mani Copper Bracelet



NP609  
Prayer Wheel Earrings



NP520  
Prayer Wheel Pendant



NP519  
Dorje Pendant



NP182  
Wrist Mallah



NP313  
Bone Mallah Beads



5101B  
Boxed Wooden  
Mallah Beads



NP227  
Wrist Mallah in  
Sari Pouch

## Mallah Beads

Mallah or malas are a type of Buddhist rosary, usually with 108 beads which is an auspicious number in Buddhism. A mantra is recited for each bead, aiding prayer and meditation.



5101  
Wooden  
Mallah Beads



NP357  
Meditation  
Mallah Beads

## Prayer Flags

A common sight all over Nepal, prayer flags are traditionally allowed to slowly fade and decay showing the impermanence of life and new ones are put up at auspicious times to send forth hope and spread compassion as they flutter in the wind.



NP559  
Mini Mani  
Prayer Flags



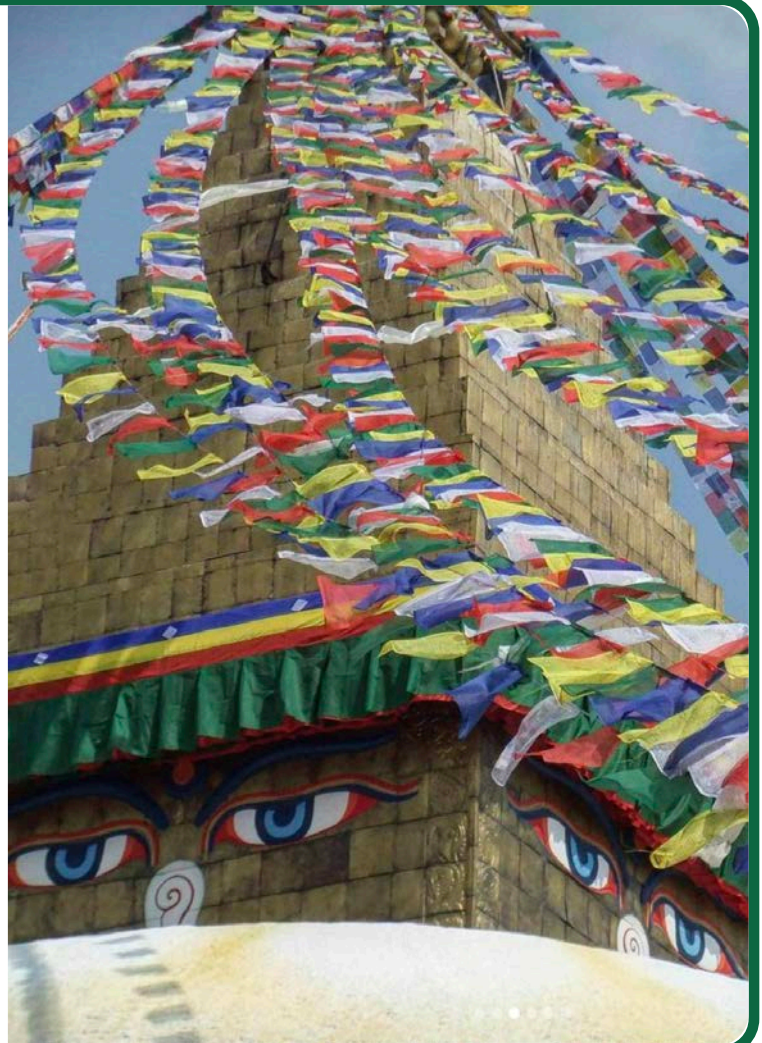
5208  
Pack of Mini Tibetan  
Prayer Flags



NP198  
Translated  
Prayer Flags



NP224  
Mixed Gods  
Prayer Flags



# Hinduism

Hinduism is over 4,000 years old and is regarded as one of the oldest religions in the world. Originating in the Indus Valley, Hinduism is made up of a rich tapestry of deities, stories and characters with a great deal of variation across its 1.2 billion followers. The faith is polytheistic and adherents worship many gods although the 'Trimurti' of Brahma, Vishnu and Shiva is usually at the centre.

Also widely worshipped is the elephant-headed god of beginnings and remover of obstacles, Ganesh. He is a popular subject for artwork and handicrafts.



NP355  
Shiva's Tears  
Mallah Beads



IN355  
Ganesh Wall Hanging



IN356  
Shiva Wall Hanging



IN547  
Ramayana  
Wall Hanging



IN548  
Lord Krishna  
Wall Hanging



NP466  
Small Sajaya  
Resin Ganesh (7cm)



NP354  
Sajaya Resin Ganesh  
(11cm)



5251  
Mini Metal Ganesh  
(3cm)



5260  
Resin Ganesh  
(10cm)



5501  
Ganesh Mask  
(35cm)



BA642 / 1552  
Raksassa Masks  
(various sizes)



IN058 Vibrant Ganesh / IN321 Vibrant Krishna /  
IN322 Vibrant Shiva

# Christianity

Christianity is the world's largest religion which has over 2 billion followers spread around every continent of the globe. The Christian artefacts we carry attempt to reflect the differing interpretations and historical variations of the faith over time and geographical spread.

Christianity has many religious symbols, and the central Christian symbol of the cross has many differing forms depending on when and where it is made as can be seen by our global range.



MEX475  
Arbol de Sencilla  
Tree of Life



MEX478  
Three Doves Cross



PE011  
Nativity  
in Gourd



PE119  
Mini Nativity  
Retablo



PE005  
Peruvian Folk Art Cross  
(various colours)



KE162 / KE163  
Patterned / Natural  
Soapstone Crosses



BA190 - Mini Angel (10cm)  
1071 - Small Angel (15cm)  
1072 - Large Angel (19cm)



PE012  
Ceramic Madonna  
Statue (20cm)



1352  
Round Celtic Cross  
(35cm)



1363  
Standing  
Celtic Cross



1350 - Long Natural Celtic Cross ( 50cm)

# Global Folk Art

We aim to encourage the survival of traditional handicrafts around the world and we are always trying to find new ways of keeping the skilled artisans in employment.

In the case of the Mithila paint work from Nepal, we have combined the current trend for house plants with their traditional painting style to create beautiful flower pots. At other times we have worked with our customers and artisans to produce special pieces specifically for an exhibition or display.



GU003  
Large Bagged  
Worry People



BA2103 / 1591  
Small / Large  
Dragon Kites



BA6050  
Machig Labdron Plaque



NPSX195 / NPSX196  
Machig Labdron Thankas



TH607  
Burmese Prince Puppet



TH348  
Burmese Elephant Puppet



NP708  
Mithila Terracotta Dishes  
(Pack of Five)



NP598 / NP599  
Mithila Wall Art  
(various sizes)



NP597  
Mithila Coaster Set



NP594  
Mithila Round Mirror

# Mithila Painting

NP704 / NP705 / NP706 - Mithila Pot and Saucers  
NP762 - Mithila Charcoal Burner



# Day of the Dead

Celebrated annually in Mexico and elsewhere in Latin America, El Día de Muertos or Day of The Dead holiday brings together friends and family to commemorate loved ones who have died. The festivities are colourful and jubilant and are accompanied by 'calaveras', skeleton figures ubiquitous in Mexico.



BA609 / BA610  
Day of the Dead  
Man / Lady



BA018  
Candy Skull Mask -  
Liquorice



PE097  
Market Retablo



PE098  
Mask Shop Retablo



PE162  
Harpist and Couple  
Folk Art Frame



PE130  
Crown of Roses  
Folk Art Frame



Small Catrina Ceramics



Medium Catrina Ceramics



Large Catrina Ceramics  
(various designs and sizes)



MEX485 - Mexican Skeleton Idols  
(various designs)



# Mythology & Mysticism

Broadly speaking the items shown here transcend religion and are instead ancient symbols that cover the fundamentals of life - fertility, life and death, changing seasons, astronomy, the mystical and the unknown. Many have been incorporated into modern religions, for example the image of The Green Man, a symbol of rebirth and Spring, predates Christianity but is seen in many churches around the world. Many more similar items are on our website.



BA150 - Celtic Tree Knot Plaque  
BA624 - Tree Goddess Plaque



BA216  
Green Man in Wood



BA896  
Green Man Plaque



BA889  
Blank Celtic Tree Knot Book



IN206  
Celtic Tree Wall Hanging



KE154  
Tree of Life Soapstone Tray (various colours)



BA2186  
Pentacle Moon Phases Plaque



1362 / 1354  
Small / Large Celtic Pentacles (15cm / 35cm)



1845 / 1846  
Blank Spell Books



BA969  
Circle of Hares Plaque



BA192 / BA2023  
Small / Large Unicorn Woodcarving

## Ancient Runes

Runes are the letters of age-old alphabets and are often used for magic and divination purposes.



BA548  
Pagan Runes



BA549  
Anglo-Saxon Runes

# Pre-Columbian Ceramics

Many civilisations existed in Central America before the arrival of the Spanish in the 16th century, of which the Maya and Aztecs are the most well known. There were many others stretching over a period of 3,000 years and all displayed developed systems of architecture, astronomy, calendars, writing and mythology. Siesta can supply many artefacts reflecting these civilisations, all made by small family businesses in Mexico and there are many more products available on the website.

MEX490 - Sitting Maize God (22cm)



MEX453 / MEX454  
Medium / Small  
Triple Death Masks

MEX489  
Central American Mask  
(17 x 20cm)



MEX466 - Jaguar Mask (22cm)  
MEX465 - Teotihuacan Pyramid Mask (25cm)



MEX468  
Mayan Calendar  
Mask (25cm)



MEX470  
Double Year Bearer  
Mask (31cm)



MEX469  
Burden of Time  
Mask (27cm)



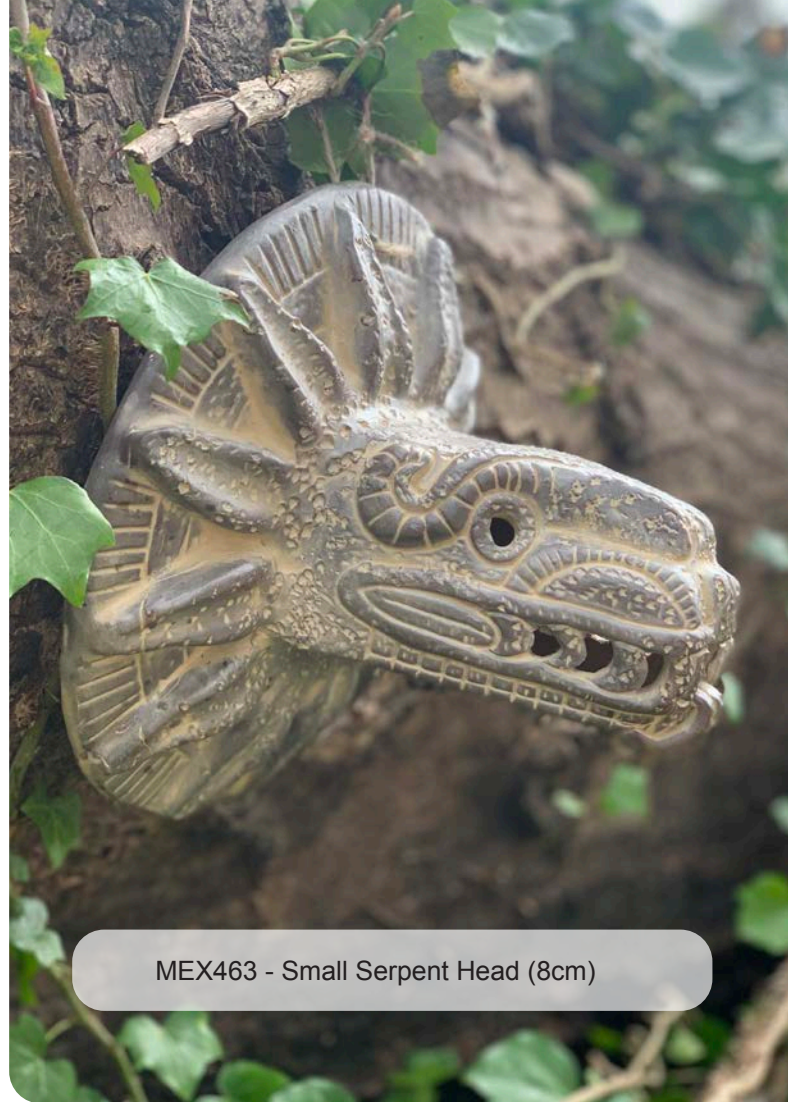
MEX467  
Aztec Calendar  
Mask (26cm)



MEX459  
Pico De Aiguila  
Mask (20cm)



MEX460  
Mayan Sacrificial  
Scene Plaque (26cm)



MEX463 - Small Serpent Head (8cm)



MEX472  
Huehuetotl Statue



MEX455 / MEX456  
Small 16cm / Large 30cm  
Coyocuaxi Plaques



MEX464  
Quetzalcoatl Idol  
(20cm)



MEX461  
Mexican Maize Idol  
(24cm)



MEX462  
Mexican Fertility Idol  
(18cm)



MEX489  
Zapotec Urn  
(11cm)



MEX457  
Mexican Sun and  
Moon Plaque (23cm)



MEX458  
Mexican Sun and  
Maize Plaque (23cm)



MEX451  
Small Sun Plaque  
(various colours)



MEX452  
Small Sun and Moon  
Plaque (various colours)



NP650  
Cyan Fatima Earrings



BA911  
Hand of Fatima Stone  
Incense Holder



BA2149  
Copper Coloured Hand of  
Fatima Hanging



BA908  
Hand of Fatima  
Enlightened Display

## Ancient Egypt

Explore the fascinating history of the land of the Pharaohs with our selection of Ancient Egyptian themed products. A great set of tools for education purposes, our statues depict Anubis, Horus, pharaohs, mummies and the hieroglyphic Ankh symbol.

## Hand of Fatima

The Hand of Fatima or Hamsa is a palm shaped symbol that exists in Jewish, Islamic and Christian cultures. It is usually held to be a protective symbol, used for deflecting evil and promoting power and strength.



TH142 - Resin Anubis  
TH138 - Resin Egyptian Pharaoh Bust



TH141  
Resin Sphinx and  
Pyramid



TH139  
Resin Pharaoh and  
Gods Box



TH140  
Resin Sarcophagus  
and Mummy



BA2187  
Wooden Ankh

# Sound Therapy

Sound Therapy uses sound and music created with specialist instruments to encourage and inspire calm meditative states which help to positively affect physiology, neurology and psychology.

We are able to supply a wide range of specialist Himalayan singing bowls in various sizes and styles along with a number of accessories and sticks. We also stock a plethora of Tingsha cymbals, gongs and aura chimes, all very popular amongst practitioners of meditation and mindfulness.

For therapeutic rhythm sessions, we have a range of frame drums and rainsticks and a diverse and eclectic collection of shakers and other percussion instruments.



Hand Beaten Singing Bowls (various sizes)



Flower of Life Singing Bowls (various sizes)



Lunar Bowls (various sizes)



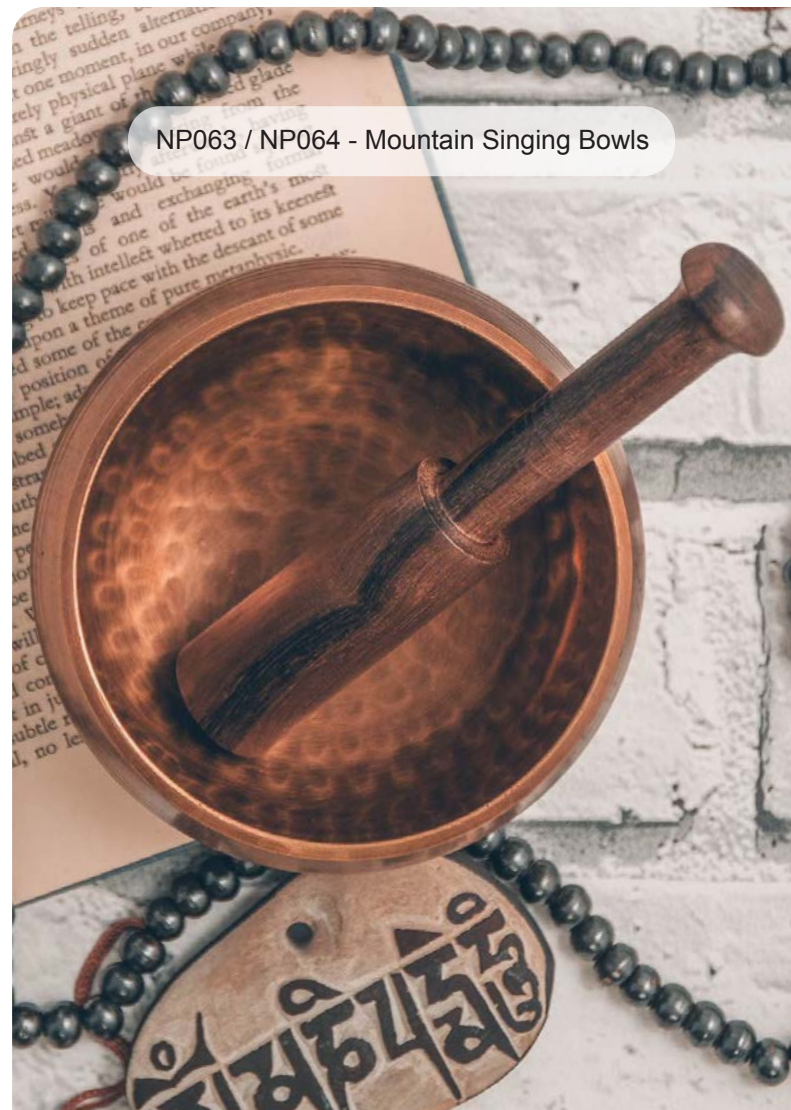
NX34 / NX35 Suede Singing Bowl Sticks



Plain Singing Bowl Sets  
NX40 - Small / NX41 - Medium / NX49 - Large  
NX44A - Extra Large



Patterned Singing Bowl Sets  
NX42 - Small / NX43 - Medium / NX50 - Large



NP063 / NP064 - Mountain Singing Bowls



BX31 / BX32  
Aura Chimes  
(various sizes)



BD74  
Shamanic Drums  
(various sizes)



NP506  
Flower Of Life  
Tingsha



NX5B  
Naga Tingsha

## Global Instrument Packs

Siesta produces several music packs for educational purposes and we can adapt and customise packs to suit your needs. Contact us to discuss your requirements, whether it be beginner's percussion packs, bespoke sound therapy bundles or a full drum circle collection.



A separate music catalogue is available on request.

RTP1 - Round The World Pack

# Recycled Sari Collection

All of these vibrant and colourful items are made from old sari material that would otherwise have gone to waste. Because of their reclaimed nature, all the patterns and colours of these items will vary, but this just makes each one all the more special.



NP709 - Sari Plant Hanger Small (85cm)



NP710 - Sari Plant Hanger Large (110cm)



NP035  
Sari Ring Pouch



NP036  
Sari Drawstring Pouch



NP661 / NP663  
Sari Purse Small / Large



NP755  
Sari Pouch



NP452  
Sari Patch Yoga Bag



NP488  
Sari Fold Out Bag



NP637  
Sari Fold Out Sadhu Bag



NP756  
Sari Shopper Bag

# Recycled Sari Collection

Siesta have worked hard to come up with lots of ideas to make the most of this wonderful and versatile material and we hope you enjoy having a look through them! The full collection of recycled sari products - including clothing - is available to view online.



NP153  
Sari Bunting



NP504  
Sari Scrunchie

All products are made in Kathmandu by a member of Fair Trade Nepal.



NP436  
Vibrant Headband



NP664  
Sari Tie Headband



NP665  
Sari Knot Headband



NP690  
Sari Braid Band



NP692  
Sari Smoking Cap



NP693  
Sari Floppy Hat



NP694  
Sari Eye Mask



NP696  
Sari Specs Case



NP695  
Sari Bag Charm



NP752  
Sari Face Mask



NP639  
Sari Gift Wrap





# Point Of Sale Boxes

We have carefully selected some of our best selling lines and designed eye-catching and vibrant display boxes for them. The price includes the snazzy POS boxes and works out cheaper than buying the products separately.



POS1 - Shaky Eggs  
(quantity 35)



POS2 - Hand Drums  
(quantity 24)



POS3 - Crochet Purses  
(quantity 50)



POS4 - Keyring Purses  
(quantity 48)



POS5 - Worry Dolls  
(quantity 120)



POS6 - Friendship  
Bracelets (quantity 240)



POS7 Sari Eye Mask  
(quantity 30)



POS8 - Sari Fold Out Bag  
(quantity 20)



POS9 - Sari Gift Wrap  
(quantity 30)



POS10 - Finger Puppets  
(quantity 75)

Log on to your wholesale account to see our full collection of new items plus all of your old favourites!

**Siesta**  
[www.siestacrafts.co.uk](http://www.siestacrafts.co.uk)

