



Julie Lusk, M.Ed. ❖ 513.576.6662 ❖ 5678 Willnean Dr. ❖ Milford, OH 45150 ❖ WholesomeResources.com

Free sample mind-body tool from

Julie Lusk
5678 Willnean Dr.
Milford, OH 45150

WholesomeResources.com
Julie@WholesomeResources.com
513-576-1089 (voice)
513-576-1087 (fax)

Crown Pull - stimulates blood flow to your head. Reduces mental congestion. Helps overcome insomnia. Strengthens memory. Opens the crown chakra to higher inspiration.

- Start with your thumbs on your temples with fingertips resting at the middle of your forehead.
- Apply pressure and slowly pull your fingers apart, stretching the skin. Breathe deeply, in through your nose and out through your mouth. Repeat if it feels good.
- Place your fingertips at your hairline and repeat the stretch.
- Repeat this pattern starting at the top, center, and back of your head. Continue until you reach the base of your neck.

Julie Lusk, M.Ed. RYT, is CEO of [Wholesome Resources](http://WholesomeResources.com), author of [Yoga Meditations](#), [Desktop Yoga](#), [30 Scripts for Relaxation](#), and the [Mind-Body eBook Collection](#). Her CD's include [Real Relaxation](#), [Wholesome Energizers](#), [Power of Presence](#) and [others](#). She blogs at [MindBodyHelp](#) and is available as a [speaker, trainer and friend](#). Call 513-576-6662 or [email](#).