



WHOLESOME RESOURCES

Mind-Body Mastery through Yoga, Meditation,
Guided Imagery, Affirmations, Stress Relief and Wellness



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

Juli

2010 Yoga and More

Discover natural ways to relax and feel refreshed and energized with Julie Lusk.

Wholesome Resources believes that stress management, wellness strategies, and mind-body techniques are indispensable to be competitive and successful in today's world and essential for professional and personal performance. Training, presenting, writing and consulting services are offered.

Wholesome Resources by Julie

Yoga Meditations: Timeless Mind-Body Practices Book+CD* 29.95

30 Scripts for Relaxation, Imagery and Inner Healing
Volume 1 29.95

30 Scripts for Relaxation, Imagery and Inner Healing, Volume 2
\$29.95

Real Relaxation CD 12.95

Power of Presence CD 12.95

Wholesome Relaxation CD 12.95

*Wholesome Energizers CD 12.95

Chakra Chart 12.95

Total Purchases _____

\$5 S&H if being mailed _____

Include your name & address !!

6.5% tax in Ohio _____

Total _____

Payable to Julie Lusk
5678 Willnean Dr.
Milford, OH 45150

Julie goes to businesses for Stress Relief and Desktop Yoga ® seminars. Call 513-576-6662 for info.

You can drop into any yoga class for \$15 per session!

Special Events with Julie

Intro to Meditation: Learn everything you need to start a meditation practice. We'll cover techniques, benefits and more. April 28 and May 6. 7-8:30 pm Lemming House 513-248-3727

Yoga Sleepover Renew yourself with yoga, relaxation and friendship. Jesuit Spiritual Center at Milford. June 26-27, 2009. Call 513-576-6662

Kripalu Feb 15-19; **World Yoga** Feb 19-21; **Bahamas Sivananda** April 1-5; **Discovery Yoga St. Augustine;** Oct. 23-24; **Psychology of Health, Hilton Head** Dec. 5-12

Anderson Sr. Center - 7970 Beechmont Ave. (behind fire station)

Call 576-6662 for fees & registration

Mondays 7:00 -8:30 pm For new and ongoing students

Feb 22- Mar 29 ☎ Apr 12 -May 17 ☎ May 31-July 5 ☎ July 19-Aug 23
Sept 6-Oct 1 ☎ Oct 25-Nov 29

Jesuit Spiritual Center at Milford ~ Pavilion @ 5365 S. Milford Rd.

Call 576-6662 for fees & registration

Tuesdays 7:00 to 8:30 pm for New and ongoing students

Feb 23- Mar 30 ☎ Apr 13 -May 18 ☎ Jun 1-July 6 ☎ July 20-Aug 24
Sept 7-Oct 2 ☎ Oct 26-Nov 30

Wednesdays 10:00 to 11:30 am for New and ongoing students

Feb 24- Mar 31 ☎ Apr 14 -May 19 ☎ Jun 2-July 7 ☎ July 21-Aug 25
Sept 8-Oct 3 ☎ Oct 27-Dec 1

Miami Township - Call 248-3727 or go to MiamiTwp.org for fees & registration

Tuesdays - 10:00-11:30 am at Miami Twsp. Civic Center at 6101 Meijer Dr.

Feb 23- Mar 30 ☎ Apr 13 -May 18 ☎ Jun 1-July 6 ☎ July 20-Aug 24
Sept. 7-Oct 2 ☎ Oct 26-Nov 30

Wednesdays - at the Leming House at 5951 Buckwheat Rd., Milford

5:30 to 7:00 pm New and ongoing students

7:00 to 8:30 pm Beyond Yoga Basics

Feb 24- Mar 31 ☎ Apr 14 -May 19 ☎ Jun 2-July 7 ☎ July 21-Aug 25
Sept 8-Oct 3 ☎ Oct 27-Dec 1

Basic Yoga: An enjoyable introduction to yoga postures, breathing techniques, and guided relaxation to tone your body, clear your mind, and allow you to experience inner tranquility. This class is good for most fitness levels.

Continuing/Beyond Basics: Perfect for the more experienced student who is ready to go further into yoga. You'll learn posture variations and how to link poses to each other (**Vinyasa**) for a more energetic, flowing practice.

Personal Yoga Lessons: Individualize your yoga with private lessons to work on areas of special interest for you and to fit your schedule. **513-576-6662**

