



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

Yoga Class Evaluations Julie Lusk

Yoga has helped me in these ways:

It's brought me in touch with my body and spirit.

Relaxation. Strength. Flexibility. Positive attitude. Stress reduction.

Relax. Stretch out muscles from weight lifting. Remember to do breathing exercises.

Not to try so hard at stretching. Try to relax to get better benefits.

Great stress reliever! And it definitely brought out the "inner" me.

Lowered stress. Increased relaxation. Increased flexibility and posture.

Be more accepting of myself as I learn new skills. Balance, especially as I mature. Postures improve excessive gas.

I have a more positive outlook and feeling. I can control my mood and have a good attitude.

Better breathing. Keeping my shoulders in better alignment.

My shoulders don't hurt anymore and it has improved my walking routine.

Learn to be less stressed. Stretching.

Reduce stress. More positive thoughts. Helped several of my aches and pains. Increased my lung capacity with breathing.

Taught me to relax and breath when getting stressed out and how simple stretching, strengthening and aligning my spine helps me relax sore muscles.

Increased my balance and flexibility.

Reduced chronic tension. Increased flexibility. Reduced stress. I'm addicted to it!

To think more openly and relax when in stressful situations.

Relax with better breathing. Meditate. Challenges my balance.
My menstrual cramps went away. I'm amazed.

This has helped my asthma and I don't use my inhaler nearly as much.

I sleep better now.

It is helping me get through my divorce.

I'm a different person because of it. I like the new me!

To relax! To breathe! To look forward to the next yoga class.

It has "limbered" me up, helped me relax, and gives me time to myself.

Calms and helps me stay centered. Reminds me to take care of myself.

My headaches (migraines) are much better

I've gained flexibility and strength. My stretch is greater. I'm learning the relaxation and control that breathing brings.

Yoga has taught me to:

Breathe correctly and to react better in stressful situations. It gives me total relaxation.

Slow down some. Appreciate my body more. Be more spiritual and to look at inner strength more.

To be more self-disciplined. It has slowed me down and not to feel so rushed and busy. How to relieve tension. I have allergies and asthma and the yoga breathing has really helped me.

Breathe when tense. That I can improve my frame of mind if I take the time.

Be more in tune to my stress level. Try to relax. Enjoy life.

Be aware of alignment when I exercise. How to avoid S. I. pain.

Always stretch the right side first. Breathe! Especially during all the stretching I do with karate training, so that I avoid sore muscles.

Relax and breathe, stretch in a non-strenuous way.

Slow down. Breathe deeply and slowly. Continue to listen to my body. Keep going.

Great for strength. Relax. Stretching and lengthening are very good and refreshing.

Relax and stretch. Take time for myself to refuel. Breathe deeply.

Breath control. Do breathing exercises everyday. Relieve stress. Way less stressful last 8 weeks. Be more knowledgeable about what I can do to help my body become healthy.

Focus attention on positive things.

Breathe in new ways. Meditate. Relax. Take time for myself

Pay attention to what my body says. How the stress on my mind affects how my body feels.

Decreased tension in my neck. Improved my posture. Helped back strain. Improved my strength.

Breathe. Slow down and relax.

How to breathe and reach into my inner spirituality.

Live in the moment. Relax. Focus. Slow down.

Breathe more deeply.

Relax. Become somewhat stress-free. It just makes me feel good.

Slow down. Breathe. Appreciate my body. Breathe. Stand tall. Breathe.

Relax, stretch and have fun!

Breathe deeply and relax. Be more patient with myself. Be more aware of my posture and body mechanics.

Make contact with my "inner self". I'm more relaxed and find yoga and the breath a way to reach calm in a hectic situation.