



# 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

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

Desktop Yoga™ Temp. Sold Out

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; Milford, OH 45150

**FOLLOW** Julie Lusk on LinkedIn, Facebook & Twitter @JulieLusk

Julie goes to businesses for Desktop Yoga®, Wellness and Stress Management seminars.

## Yoga and More 2010 - 2011 Schedule

**START ANYTIME. NO NEED TO WAIT!**

***Pay for a series and save - or pay per class***

### Special Events with Julie

**Live Performance of Guided Imagery & Music. Book & CD Signing.**  
Joseph-Beth Books, Rookwood. Aug. 26 at 7 pm

**Intro to Meditation:** Learn everything you need to start a meditation practice. We'll cover techniques, benefits and more. Sept. 23 & 30. 7 - 8:30 pm Lemming House 513-248-3727

**Yoga Sleepover** Renew yourself with yoga, relaxation and friendship. Jesuit Spiritual Center at Milford. Jan. 29-30, 2011. Call 513-576-6662

**Discovery Yoga St. Augustine; Oct. 23-24; Psychology of Health, Hilton Head Dec. 5-12. 2011: Kripalu Feb 21-25, 2011; Bahamas Sivananda April 8-12, 2011**

**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  
July 19-Aug 23 ☎ Sept 6-Oct 1 ☎ Oct 25-Nov 29  
Jan 10 - Feb. 14 ☎ Feb. 28-April 6 ☎ April 18-May 23 ☎ June 6 - July 11

**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  
July 20-Aug 24 ☎ Sept 7-Oct 2 ☎ Oct 26-Nov 30  
Jan 11 - Feb. 15 ☎ Mar 1-April 7 ☎ April 19-May 24 ☎ June 7 - July 12

**Wednesdays** 10:00 to 11:30 am for New and ongoing students  
Jun 2-July 7 ☎ July 21-Aug 25 ☎ Sept 8-Oct 3 ☎ Oct 27-Dec 1 ☎  
Jan 12 - Feb. 16 ☎ Mar 2 - April 8 ☎ April 20-May 25 ☎ June 8 - July 13

**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.**  
July 20-Aug 24 ☎ Sept. 7-Oct 2 ☎ Oct 26-Nov 30  
Jan 11 - Feb. 15 ☎ Mar 1-April 7 ☎ April 19-May 24 ☎ June 7 - July 12

**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**  
July 21-Aug 25 ☎ Sept 8-Oct 3 ☎ Oct 27-Dec 1  
Jan 12 - Feb. 16 ☎ Mar 2 - April 8 ☎ April 20-May 25 ☎ June 8 - July 13

**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. 513-576-666

