

Hello Desktop Yoga Goodbye Stress

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Tucked away in the land of cubicles, your day begins listening to 10 new voice mails and scrolling through 30 new e-mails. You have reports to finish before the afternoon meeting, and your boss is calling your cell phone. By 3 p.m. the multitasking has taken its toll. Your focus and productivity are waning. You could grab another cup of coffee or you could do what hundreds of successful organizations are now promoting: desktop yoga.

Desktop Yoga was written by internationally-known local wellness author Julie Lusk, who is CVO and president of Wholesome Resources and has been a yoga instructor since 1977. She's a popular keynote speaker and travels coast to coast presenting workshops and retreats to individuals and groups, including Proctor & Gamble, United Health Care and the National Wellness Conference.

A Desktop Yoga workshop begins with initiates learning to do a combination of stretches (at your desk, hence the name "desktop yoga") to relieve tension in the neck, shoulders, wrists, face, back and legs. Ways to increase energy, jumpstart creativity and minimize frustration are also taught. Lusk teaches how to take a two-hour nap in two minutes.

She hopes more companies take her lead and realize by decreasing their employees' stress they're increasing their bottom line. Until then, look for a revised copy of *Desktop Yoga* (to be released soon) and say goodbye to stress.

For more information visit www.wholesomeresources.com.

— CHERA SCHWEITZER

