



**February 15–19, 2010 Monday–Friday**

## Stress Relief Through Guided Relaxation, Imagery, and Yoga Meditation

### Julie Lusk

Maximize your energy and health by finally getting the practical formula you need for managing stress using guided relaxation, imagery, yoga meditation, and sensible lifestyle changes as your tools. Why? Because 80 percent of all illness is stress-related—so learning reliable and innovative relaxation techniques can really make a difference. Come experience the power of Julie Lusk's relaxation practices for yourself. In this workshop, you will

- Review the dynamics of stress and identify its positive and negative aspects
- Experience a variety of proven, user-friendly relaxation methods
- Learn to use guided imagery to support health and meaningfully awaken your intuitive wisdom source
- Find the meditation practice that is best for you by exploring a variety of methods including mindfulness, japa (mantra repetition), walking meditation, and others
- Transform daily stress into the energy needed to enjoy life with the DARE to Relax™ self-care plan. DARE's ingredients include diet; attitude, awareness, and affirmations; rest, relaxation, and relationships; and exercise.

You will leave feeling relaxed and energized, with a plan in hand for transforming everyday anxiety into awakened living.



**Julie Lusk, MEd, C/RYT-E-500**, has 30 years of experience working in stress management, wellness, yoga, and guided imagery. An internationally published author, recording artist, and public speaker, her books include *Yoga Meditations: Timeless Mind-Body Practices for Awakening*; *Desktop Yoga™*; and *30 Scripts for Relaxation, Imagery, & Inner Healing*. Julie's recordings include *Wholesome Relaxation*; *Power of Presence*; and *Wholesome Energizers*. Former director of a holistic health center and college counselor, she has been featured on ABC, CBS, and NBC and is currently president of Wholesome Resources. [www.wholesomeresources.com](http://www.wholesomeresources.com)

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**While you are here...** Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

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exploring the yoga of life.