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Schedule a Workshop or Retreat with Julie Lusk of Wholesome Resources

Please complete this info sheet on your word processor and email it to [Julie Lusk](mailto:Julie.Lusk@WholesomeResources.com) or complete it with a black pen and fax it to 513-576-1087. Include as much information that is available at this time. You will be contacted promptly. If it is easier, please feel free to call her at 513-576-6662.

Contact Information

Client Name _____

Contact Person _____

Street Address _____

City _____ State _____ Zip _____

Phone () _____

Fax () _____

Email _____

Client's Website _____

Event Information

Goal, objectives or theme of the event _____

Type of event (check all possibilities)

- Keynote
- Breakout session
- Lunch n' Learn
- Retreat
- Other _____

Fees are based on factors such as the type of event scheduled, type of organization (profit vs. non-profit), time involved, etc.. Travel expenses outside of Cincinnati, OH is additional.

Preferred dates _____

Preferred times _____

Preferred length for the event _____

Number of people attending (approx.) _____

Briefly describe your group. _____

Please check the topics you are interested in.

Professional Series

- Desktop Yoga ®
- Mind/Body Fitness for Energy, Creativity, and Problem Solving
- Dare to Relax ™
- Recharge Yourself: Prevent Burnout
- Spices for Life ™
- Other _____

Yoga Meditations Topics

- Awareness Adventures: Guided Imagery and Visualization.
- The Complete Chakra Connection: Asana (postures), Affirmations, and Meditation
- Timeless Treasures: Yoga Teachings for Reflection and Meditation
- Classic Yoga Meditations: Mindfulness, Mantra, and Meditation
- Your Portable Paradise: Guided Relaxation and Breath Work
- Mind-Body Practices for Healing: Guided Imagery and Meditation
- Spirit of Yoga with Hatha Yoga
- Walking Meditations (with a labyrinth if available)
- Other _____

M&Ms Topics

- Clear your Path / Remove Obstacles
- Sparking Intuition
- Awaken Abundance / Prosperity
- Energy Boost & Balancing
- Magic Mandalas
- Other _____

Yoga Teacher Training Topics

- Yoga Meditation Treasures and Techniques
- How to Lead Yoga Nidra, Guided Imagery and Relaxation
- Understand the Yamas and Niyamas
- How to Market Yourself Effectively
- How to Sequence a yoga class and develop themes and lesson plans.
- Other _____

Please add any questions or additional information that may be helpful in moving forward.

Thank You

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