



Julie Lusk, M.Ed. ☎ 513.576.6662 ☎ 5678 Willnean Dr. ☎ Milford, OH 45150 ☎ [WholesomeResources.com](http://WholesomeResources.com)

### 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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