



1 2 3 4 5

- [Program Overview](#)
- [Presenter Bios](#)
- [Video Preview](#)
- [Take5 DVD for Caregivers](#)
- [More Stress-Relief Videos](#)



Dolores Fazzino: A Day at the Beach - at your Desk!

Do you remember that feeling of being at the beach - relaxed with the gentle breeze blowing, no cares? Perhaps a short vacation break is what you need... take one, right here at your desk! [View Video](#)



James Knight: Your life & personality make an imprint on your body

Do you ever notice people's postures standing in a grocery line? Hunched over, sway backed, or leaning to one side. Most likely, their life patterns, movements and even occupations have imprinted on their bodies. [View Video](#)



Holly Hill: Insomnia Relief

Did you know that your lifestyle patterns and your bedroom environment affect your sleeping patterns? Learn simple, easy changes and get a good night's rest! [Listen.](#)



Deborah Wilder: Finding your Body's Rhythm

Tuning into the natural rhythms of the seasons, as well as daily energy cycles - you can learn how to manage and optimize your workload and still get the rest you need. [View Video](#)



James Knight: Realign with Easy Somatic Exercises

Yes, your body can re-learn and remember its optimal state of health and good posture. Try these easy, effective movements that "train your brain" to bring you back into balance. [View Video](#)



Deborah Wilder: Trust Your Inner Pharmacy

Have you ever craved something salty, sweet, leafy, crunchy, etc.? Your body knows what it needs - so follow its lead and learn how wise our inner pharmacist really is. [View Video](#)

Holly Hill: Breathe In, Breathe Out!

Got Stress? Let Holly show you how simple breathing can