



**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](#)



**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 Somatics 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 relieve your stress in a FUN way! Close your door and give it a try! [Listen](#)

**Deborah Wilder: Create a Quiet Moment**

Can we find peace and quiet in the midst of our hustle-bustle day? With a little fore-thought, we can!