

COMPASSIONATE CARE ALS ANNOUNCES THE RELEASE OF THE 2 CD SET

Cultivating Compassion *with Julie Yan*

INCLUDES:

CD One: Daily Meditations For Living And Dying

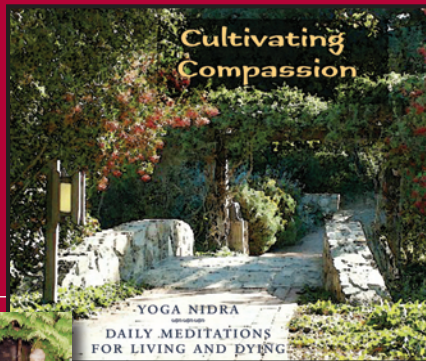
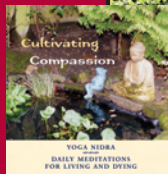
GUIDED MEDITATION PRACTICE WHICH OPENS A ROAD TO A PEACEFUL HEART AND MIND.

CD Two: Yoga Nidra

A UNIQUE COMBINATION OF ALERT AWARENESS AND DEEP RELAXATION FOR RELEASING PHYSICAL, MENTAL AND EMOTIONAL TENSIONS.

\$25 (includes 2-CDs, written guide, plus \$5 postage & handling)

Julie Yan holds a BA in human behavior and an MA in spiritual psychology. She works closely with hospital staff, care givers, and chronically ill patients. Julie works with Compassionate Care ALS by offering meditation and contemplative work to those with ALS and their caregivers. She also has a transformational coaching practice.



“Powerfully inspiring. . .”

—MICHAEL H. WARD, LCSW

www.compassionatecareals.org

COMPASSIONATE CARE ALS P.O. Box 1052
WEST FALMOUTH, MA 02574 (508) 563-3677

Cultivating Compassion

FROM COMPASSIONATE CARE ALS . . .

. . . offers simple meditative techniques for ALS patients, caregivers, family members, health care professionals, and anyone interested in meditation and visualization. The CD was inspired by Julie Yau's work within the ALS community. *Cultivating Compassion* is now available to help listeners alleviate stress and promote wellness and balance in their lives.

*\$25 each (includes 2 cd's, written guide,
plus \$5 for postage & handling)*

CAN ALSO ORDER DIRECTLY FROM THE WEBSITE:

www.compassionatecareals.org

OR SEND CHECK OR MONEY ORDER TO CCALS.

CALL (508) 563-3677 TO ORDER OR FOR MORE INFORMATION.

COMPASSIONATE CARE ALS is dedicated to assisting those with Amyotrophic Lateral Sclerosis (Lou Gehrig's disease), their caregivers and community. We believe these meditations and visualizations will be part of creating a conscious experience of the living and dying process whether you have been diagnosed with ALS or are a caregiver. All proceeds go to support the work of CCALS, a 501 (c) (3) not-for-profit organization.

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