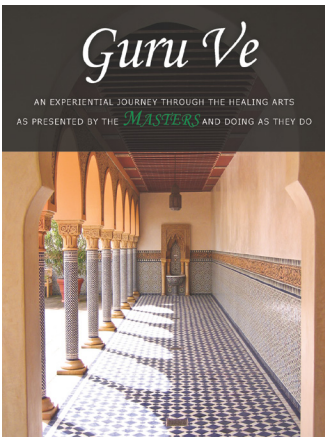




*Anthony J. Castelluccio  
Yogic Arts Teacher, Golf Instructor,  
Healing Arts Enthusiast &  
Author of Guru Ve*



*Author of Guru Ve,  
an experiential journey through  
the healing arts as presented by the  
MASTERS and doing as they do*



*Lisi R. – 5th Grader,  
St. Mary School, Riverside, IL*

*“I did breathing exercises and  
had the best volleyball game ever:  
9 ace serves in a row to  
win the match. It’s Guru Ve!”*

# MINDFULNESS IN JUST 10 MIN./DAY

Find Peace & Perfectly Energize Yourself Every Morning

*Studies find we lose one woman per minute from heart disease*

*Researchers now tell us*

*A Simple Mindfulness practice could save 50% of these women*

## EXPERIENCE:

- Certified Yoga & Golf Instructor
- Teacher of Yogic Arts in Health Clubs, Corporations & Universities
- Appeared on Debra Arnison’s Talk Show
- 1999 Chicagoland Golfer’s Magazine, Player of the Year

## STORY IDEAS:

- **For clear and non-destructive thinking all day, learn 7 simple timing tricks borrowed from Holymen to start the healing.** See a demonstration of a daily routine that can bring focus & peace to your day.
- **Revitalize yourself and get rid of the rust.** Learn easy to remember circular movements to improve your health & body vitality.
- **The million dollar secret of China—Standing Energy Work** (The root of all eastern healing arts.)
- **Could the union of Holymen create World Peace?** Mental God-self technology = Religion; Physical God-Self technology = HealingArts. (Description of the importance of religion & the healing arts, spiritual comprehension & unity; & America igniting the Circle of World Wisdom.)
- **Improve timing in yourself to enhance your golf game.** Learn the Sun Salutation (the root of Sun Moon Yoga or Hatha Yoga) as described by a scratch golfer & Chicagoland’s “Player of the Year.”
- **Learn how the amazing accomplishment of a 5th grade girl can inspire you to meditate.** Download a progressive mix of the world’s most famous **physical God-Self technology** —Guru Ve.

*“When we purposely participate in a close and relentless observation of our individual realities, therein lies the potential for our greatest wisdom.”*

—award winning author Mary Soliel, *I Can See Clearly Now*