

# MOVE TO LIVE!



MARILYN LOPEZ, FROM THE BRONX, STANDS AT THE ARCHES IN MOAB, UTAH

FOR ANATOMY AND THE VITAL PSOAS MUSCLE BOOKS: [WWW.AMAZON.COM](http://WWW.AMAZON.COM)

## FALL WORKSHOPS WITH JO ANN:

**MONDAY, OCT. 29, 9:30-11:30, FLANDERS, NJ:**

THE PSOAS/CHAKRA CONNECTION, Temple Hatikvah in Flanders, \$25, register with [lauramyoga@verizon.net](mailto:lauramyoga@verizon.net)

**SATURDAY & SUNDAY, NOV. 3 & 4, 10:30-12:30, KULA YOGA & WELLNESS, STANHOPE, NJ:**

11/3: A TRIP THROUGH THE HIPS \$30      11/4: THE VITAL PSOAS MUSCLE \$30 (BOTH CLASSES \$50)

**SUNDAY, DEC. 2, 11-12:30, AT KULA in STANHOPE:**

YOGA FLOW w/ CHUCK WOOD (percussion), AMY JEANETTE (Kundalini) & JO ANN JONES (Hatha yoga)

All information from [www.move-live.com](http://www.move-live.com)  
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**PLACES TO VISIT:**

**UTAH'S CANYONLANDS**

**PLACES TO WALK:**

**THE SUSSEX COUNTY TRAIL, NJ**

**PLACES TO BIKE:**

**THE NETHERLANDS**

**PLACES TO MEDITATE:**

**YOUR OWN SACRED SPACE**

**PLACES TO RETREAT IN 2013:**

**COSTA RICA, POCONOS, FRANCE!**  
[WWW.NEATRETREATS.COM](http://WWW.NEATRETREATS.COM)



Sussex County, New Jersey



Nel in the Veluwe Woods, Holland



Dolph and Rieka's sacred space