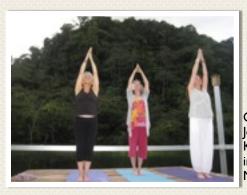


MOVE TO LIVE!

Welcome to the first monthly newsletter of <u>Move to Live</u>! Enjoy articles about ordinary people who do extraordinary things, learn important information about how the body *really* works, find classes and workshops that fit your lifestyle, receive information and inspiration! Now that spring has arrived, use the energy of the sun to guide your way to renewal. Try to begin everyday with an open mind and heart, and *allow* yourself to experience life in a child-like way: fresh, free, and honest.



Exemplary Person of the Month: **ELISABETH BOEKE** - Born in Indonesia and raised in Holland, she followed her future husband to the US in the mid 1900's and settled in Saranac Lake, NY. Jobs brought them to NJ, where they raised their 2 children. Elisabeth became a Psychology Cindy Seamans, Jo Ann Jones, & Karen Nantes in Costa Rica, March 2012.

Professor and teacher of Tai Chi, with a broad base of friends and fans. Now living near Asheville, NC, she just celebrated her 90th birthday with a big dancing party! She continues to inspire those around her with love and grace. Go to <u>www.move-live.com</u> for more (from left, Jo Ann, Elisabeth & Trish King)

Sundays, June 10 & 24 10:30-12:15 at Kula Yoga & Wellness, Stanhope, NJ YOGA ANATOMY June 10: Upper Extremity June 24: Lower Extremity

an enhanced yoga practice that helps experience the strength, stability, and mobility of particular joints to register: 973-347-5852 July YOGA CLASSES in Andover, NJ at the Cranberry Lake Clubhouse

every Mon & Wed July 2-25 9 to 10 am \$5 per class for CLCC members email Jo Ann at movetolive.joannjones@gmail.com

All information from <u>www.move-live.com</u> written and developed by Jo Ann Staugaard-Jones

TIPS OF THE MONTH:

- 1) Walk in a beautiful place.
- 2) Enjoy breathing.
- 3) Listen to your body.

ALL of us can do this! Yes, it takes time, and some of us have more time than others. If you can't walk in the woods, take a few moments to look out a window and SEE the outdoors; give yourself a few minutes of complete absorption in the moment.



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MAY