

MOVE TO LIVE!

Welcome to the first monthly newsletter of *Move to Live!* 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.



Cindy Seamans,
Jo Ann Jones, &
Karen Nantes
in Costa Rica,
March 2012.

All information from www.move-live.com 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.

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

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 www.move-live.com 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

Next Retreat:
the COLORADO ROCKIES!
(great for the whole family)
Hiking, Yoga, Reiki, etc.
Winter Park & the
Rocky Mtn. Nat'l Park
August 16-21, 2012
See details at
www.neatretreats.com
Register by May 30
for discounts