



MOVE TO LIVE!



Welcome to the second newsletter of Move to Live!

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

The summer's exemplary people: Dinah & Jack Baker

TIPS OF THE MONTH:

The summer's new release: **THE VITAL PSOAS MUSCLE**

1) SWIM.

The summer's best retreat: the **ROCKIES**

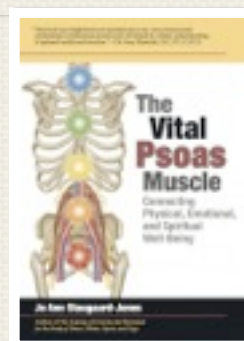
2) SAVOR.

The summer's lesson: **'CHILL'**

3) SLEEP.



Available for pre-order on www.amazon.com:
THE VITAL PSOAS MUSCLE
Connecting Physical, Emotional & Spiritual Well-Being



Read about the body's most important skeletal muscle and how releasing it can help ease lower back pain, stress, and more

Exemplary People of the Month:
DINAH & JACK BAKER - Natives of Erie, Pa. and summer/winter residents of Winter Park, Colorado, these 2 are everybody's heroes: at 78 and 81 respectively, they can out-ski, out-play, & out-ride most other 'snowbirds'. As Dinah zips past me on the slopes, she

yells: "Of course I'm faster, I have new knees", while Jack guides my husband through the expert slopes at 12,000 feet, and catches way more trout than anyone. Their secret? It's just who they are: athletic, fun-loving, stubborn Penn-Staters who love life, their family and friends, and are lovable in return.



Sunday, July 22
10:30-12:00 at Kula Yoga & Wellness, Stanhope, NJ
LAST TIME THIS SUMMER!
YOGA FLOW w/ CHUCK WOOD, AMY JEANETTE, & JO ANN JONES
an exhilarating yoga practice to live percussive rhythms by Chuck, Kundalini by Amy and Hatha yoga by Jo Anni
to register: 973-347-5852

Jo Ann will be teaching at the following Retreats:
October 2012: **ILLUMINATION!** Yoga, Healing, and Environmental Retreat, the Poconos, Pa.
March, 2013: COSTA RICA! Beach and Mountain Bliss
May 2013: Women's Retreat, NJ
August 2013: **SOUTH FRANCE!**
www.neatretreats.com

COLORADO PSOAS BOOK TOUR:
July 26-29, Aspen, Performing Arts Medicine Conference
Aug. 11: Steamboat Springs
www.yogacenterofsteamboat.com
Aug. 23: Boulder 5-7 pm
<mountainmiles@msn.com>
Interested in a Psoas workhop ?
movetolive.joannjones@gmail.com