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Killeen Business Receives National Recognition

Life Moves Yoga in Killeen, Texas was named one of Readers Digest's Nicest Places in America for 2018. The campaign highlights "places where trust and civility are winning and everyone is treated with dignity and respect," according to the Readers Digest website. One place will be chosen by public vote for a cover story in the November issue of Reader's Digest and to be featured on "Good Morning America." The public is invited help support Life Moves Yoga and showcase our community by voting at 10best.com/awards/travel/readers-digest-nicest/. Voting ends July 7 and you can vote once per day.

Open since early 2017, Life Moves Yoga offers an array of yoga classes for students of all ages and physical abilities. Classes are offered 7 days a week and include Slow Flow, Power Hour, Heated Flow and Extra Gentle and Chair Yoga. On Wednesdays the studio offers a free class called "Warriors at Ease," with special instruction catering to soldiers who have suffered physical and mental trauma. The program aims to assist students who are dealing with a variety of ailments common in military communities, including traumatic brain injuries, post-traumatic stress, and pain syndromes.

Serving the military community is a cause near and dear to the heart of owner Beth Funk. A military spouse, Funk has been around Soldiers and their Families most of her life and experienced firsthand the unique struggles that accompany the military lifestyle. These struggles include both physical and emotional strain, and she believes yoga can help treat both.

"Yoga played a pivotal role in my own personal wellness journey and I want to offer that opportunity to others," Funk explains. "In addition to the physical health benefits the exercise provides, our studio offers a sense of community that can be difficult to find when you're moving to a new state every few years or enduring long absences from home due to deployment."

Funk said she decided to open the studio in Killeen because it just felt like the right place and time. The Funks were stationed at Ft. Hood from 2000-2009 and when she found out they were returning, she decided Killeen was the perfect city to open the yoga studio she had been envisioning for years. "It's an exciting time to live in Central Texas. The community is growing and the people are diverse and friendly. We've been welcomed with open arms since day one!"

In addition to the programs above, Life Moves Yoga offers wellness workshops, yoga teacher training, professional development, trauma sensitive yoga, and meditation specifically for military servicemen and their families. For more information about the studio and a class schedule, visit lifemovesyoga.com.

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