

Subject: Re: More
From: [REDACTED] >
Sent: Monday, December 9, 2013 2:23:17 PM
To: Jeffrey Epstein <jeevacation@gmail.com>

F,
I think about this in terms of what movements are "antidotes" for the downsides of today's lifestyle. So - how to unfold and open the body that spends so much time in front of screens?

I'd love to see your exercise routine!

I watched the reaction of the techies who did an exercise class with Paul - they were near ecstatic. I felt this way, too, after doing the exercises.

There is some science to suggest that certain gestures, movements, bring about certain emotional states. Some designers of physical games know this (Nintendo Wii). The smart bells seem to have these moves.

Animals have a different way to balance & reset their autonomic nervous system vs humans.

Paul is so emotionally attached - a gifted inventor, a body savant, a capable teacher...not a business person.

Xo
Linda

Typos, misspellings courtesy of iPhone.

On Dec 9, 2013, at 9:07 AM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

happy to meet. as you know i have done most of these excercise regimens. I must mix them up. 2. caveman gorilla the best. 2. swinging. crouching , balancing. . animals do not do yoga. . it is silly. . 3. animals rarely tie there hands together in a movement. . 3. resistance is needed for bone building . . lifting above ones head, not natural , when in nature. ? never

On Mon, Dec 9, 2013 at 9:04 AM, [REDACTED] > wrote:

Yes, smart bells. Around for a while. Have you tried this? I think Paul may use these differently now vs when they first came out.

He's more complicated than I realized initially. That, and he has a body brilliance, around proprioceptive exercise.

Are you doing ballet?!

Xo

Typos, misspellings courtesy of iPhone.

On Dec 9, 2013, at 8:15 AM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

if this is smartbells. theyve been around quite a while, fadish, , most movements do not lock arms. walking running, pointing, ballet is also fun

On Mon, Dec 9, 2013 at 8:05 AM, [REDACTED] > wrote:

Jeff,
The exercise system is amazing... Spent a little more time talking with Paul after doing the exercises. He's an inventor - not a business person at all. F, you read people well - you'll see all dimensions of this quickly.

Thanks, again! And great if you and the ladies experience the exercises. Super fun, easy, very effective.

Xoxo
Linda

Typos, misspellings courtesy of iPhone.

Begin forwarded message:

From: Paul Widerman <paulwiderman@gmail.com>
Date: December 9, 2013, 12:49:40 AM EST
To: [REDACTED] >
Cc: Jeffrey Epstein <jeevacation@gmail.com>, [REDACTED] <lesley.jee@gmail.com>
Subject: Hello from Paul Re: Great if you two can meet!

Hello Jeffrey and Lesley,
Paul here...Linda and I met at the Health Foo in Boston this weekend... she's become a gem of a new friend, and very kind in assisting me with the next transition of my business.

It would be great to have you experience using SmartBells...actually using

them is really the only way to have a sense of how much fun they are to use... and how effective they are. It's my passion and I would love to come do a demo for you.

As Linda may have mentioned the business issues are time sensitive so I would meet at your earliest convenience.

Best,
Paul Widerman
(c) [845-417-1375](tel:845-417-1375)

On Sun, Dec 8, 2013 at 12:35 PM, [REDACTED] wrote:

...In NYC.

Both for an exercise session so you can experience this & for a business discussion.

Great if this can happen soon! This coming week?

Thanks!!

Typos, misspellings courtesy of iPhone.

--

The information contained in this communication is confidential, may be attorney-client privileged, may constitute inside information, and is intended only for the use of the addressee. It is the property of Jeffrey Epstein

Unauthorized use, disclosure or copying of this communication or any part thereof is strictly prohibited and may be unlawful. If you have received this communication in error, please notify us immediately by return e-mail or by e-mail to jeevacation@gmail.com, and destroy this communication and all copies thereof, including all attachments. copyright -all rights reserved

--

The information contained in this communication is confidential, may be attorney-client privileged, may constitute inside information, and is intended only for the use of the addressee. It is the property of Jeffrey Epstein

Unauthorized use, disclosure or copying of this communication or any part thereof is strictly prohibited and may be unlawful. If you have received this communication in error, please notify us immediately by return e-mail or by e-mail to jeevacation@gmail.com, and destroy this communication and all copies thereof, including all attachments. copyright -all rights reserved