

Greetings Yogins!

I hope your holidays have been rejuvenating and refreshing. In between teaching, recording some new [Tension Tune Down](#) series (soon to be released: Rotator Cuff, Lower Back, Hips & Buttocks, and Breathe In Bliss Out!), and planning out my year of teacher trainings, this [Type A](#) yoga teacher actually did find some time to play with her husband, dogs and friends.

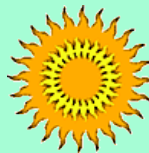
There are still a few more days to register for the [Level 1 training](#) in Palo Alto, and registration will soon be open for NYC in March. There are now more than a dozen superb Yoga Tune Up® teachers leading their own classes and privates on both the east and west coasts (see below for details.) You will find them at Equinox clubs, Yoga studios and private lessons that customize Yoga Tune Up® practices just for you.

This month's article encourages you to take a realistic look at the supportive role that yoga plays in weight loss. I also highly recommend my dear friend and holistic nutrition counselor Kirsten Hara for additional insight and tools for a balanced relationship with nourishment (see below).

By the way, get a jump and register for the Core and Hips workshops in LA January 24, 25. These are the only workshops I am teaching in LA until July, and attendance is limited.

Happy New Year!
Jill

EnLighten your Physical and Mental Load



Yoga has long been known to increase flexibility and reduce stress while uniting your body, mind, and spirit. But does all that "OM"-ing and bending have a significant impact on weight loss?

Losing weight is simple in theory, but much more challenging in practice. To lose weight, a person must burn more calories than they consume, in other words, eat less and exercise more. Practicing yoga certainly qualifies as the exercise component of this strategy, as yoga challenges the body's muscles and connective tissues to consume energy in order to do the poses. Eating fewer calories can be accomplished by reducing simple sugars like candy, soda, chips and non-nutrient dense foods. While the math is clear on paper, once you begin your yoga practice with weight loss in mind, your mind can often turn to a thousand other distractions to pull you from your weight loss goal.

This is precisely where the other mental benefits of yoga step in to help with weight loss! Practicing yoga helps to increase your sensitivity to your inner signals such as hunger and cravings. There are physical components to both of these sensations, but true hunger to feed our body's basic needs is a totally different experience than craving foods that do not nourish us. Yoga helps to slow you down mentally so that you can learn to distinguish between the urge to eat, and the emotional impulses that sometimes drive us to eat to quell our feelings. Yoga can help us to discern what we are truly hungry for, and knowing what makes us tick internally can help us to lose weight by making better food choices.

Because yoga also helps us to be totally present, we can also use mindfulness while we are eating, paying attention to the taste of food, and learning how to savor our bites instead of wolfing our food down unaware. Yoga teaches us to feel true *satiation*, instead of feeling *stuffed*.

On the physical level, yoga is a terrific calorie burning exercise that strengthens, tones, and lengthens every tissue of your body, waking up deep muscles that you never knew existed. By recruiting all of the body's muscles and using them to move the body in dynamic and static stretches, yoga uses more of the body more intelligently than many other exercise modalities. Couple that with correct breathing,

In This Issue

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5. Nutritional Counseling
6. Save \$100 on Costa Rica Retreat

At Border's and Target:

Jill's [Gaiam DVD:](#)

[Yoga for Weight Loss
Workout Kit](#)



Available at Border's and Target stores worldwide and through [Gaiam's website](#). Shot in the lush rainforests of Kauai, this series includes two dynamic 30 minute sequences and a 15 minute core bonus. It incorporates 3 lb. hand weights that serve as an additional challenge for strength and concentration.

The poses cover the whole body, targeting hips, shoulders, spine & core. As with all of my titles, you are instructed to breathe properly and to hone your awareness skills.

[A great gift for a New Year!](#)

WE ARE PROUD TO INTRODUCE YOU TO NEWLY CERTIFIED YOGA TUNE UP® TEACHERS contact them directly for class information and Private Sessions.

LA AREA:
Maura Barclay:
Maura.Barclay@equinoxfitness.com

Tiffany Chambers-Goldberg:
tdshantif@aol.com

Tiffany Hume:
tiffanyhume@mac.com

Petula Lu:
petula.lu@gmail.com

Suzu Nece:
Suzanne.Nece@equinoxfitness.com

Patty Wortham:
pattywortham@gmail.com

NORTHERN CALIFORNIA:
Sadie Chanlett-Avery:
sadiechanlettavery@gmail.com

Sherri Chien:
schien@juno.com

Rosy Hernandez:
aloharosyone@yahoo.com

Victoria Snyder:

proper posture, and relaxation techniques, and you have a system that acknowledges your total health every time you practice. Stressed out bodies are overloaded with cortisol, which packs on intra-abdominal fat. The stress reducing properties of yoga help you relax more effectively so that fat cannot accumulate.

The physical changes from yoga are evident immediately, your muscles burn, you begin to sweat, you feel looser and relaxed for hours afterwards. But it's the mental transformation that really keeps the weight off. A mind tuned in to the body's deeper thoughts and feelings about itself, is a mind that is no longer willing to accept extra weight, or excess mental baggage.

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Upcoming Teacher Trainings

WEST COAST

JANUARY 9-11 and 16-19
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox: Northern California (Palo Alto)
440 Portage Ave.
Palo Alto, CA 94306
[Click here for information and the application](#)

EAST COAST

MARCH 13-16 and 20-22
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox: NYC (Multiple Clubs)
[Click here for information and the application](#)

APRIL dates TBA
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox, Dallas

MAY dates TBA
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox, Los Angeles

JUNE 19-21
Yoga Tune Up® Teacher Training Level 2
Los Angeles

JULY 10-13
Yoga Tune Up® Teacher Training Level 2
Equinox, NYC

AUGUST 9-14
Core Integration Immersion - Abdominal Awakening Accelerated
A teachers and advanced practitioners intensive
Kripalu Center for Yoga and Health
Lenox, MA
(866) 200-5203
[click here for details and registration](#)

Yoga Tune Up® Workshops

2009

Yoga Tune Up® : Hips
Jan 24, Sat 2:00-5:00PM
Liberation Yoga
124 South La Brea
Los Angeles, CA 90036
(323) 964-5222
[Click here for details and registration](#)

Core Integration: A Total Abdominal Awakening
Jan 25, Sun 12:30-3:30 PM
Rising Lotus Yoga Studio
13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 990-0282
[Click here for details and registration](#)

Costa Rica Retreat. Plan ahead!
Feb 7-14
Yoga Tune Up® Retreat
Sueno Azul, Costa Rica
(800) 944-1001
[Click here for details and registration](#)

Yoga Tune Up® Weekend
Feb 28, Mar 1
Yoga Tree-Valencia
1234 Valencia, CA 94110
(415) 647-9707
[Click here for details and registration](#)

Yoga Tune Up® Retreat

VSnyder@ReelGrobman.com

NYC/METRO AREA:
Suzanne Ausnit:
suzanneausnit@optonline.net

Eden Fromberg:
eden@nyc.rr.com

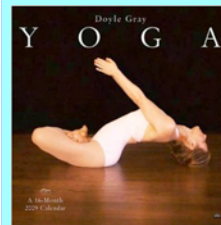
Jason Griffin:
mail@jasonalangriffin.com

Loi Kail:
loijka@aol.com

Barbara Sroka:
bsroka@gmail.com

Freddie Wyndham:
freddie@freddiewyndhamyoga.com

2009 Yoga Calendar Featuring Jill Miller



Jill is featured on the cover as well as 4 other months of this stunning 2009 calendar by celebrated photographer, Doyle Gray.
Available at REI stores nationwide.

Watch Jill's Interview on
YOGA TV!



[Click here to watch Jill at the FitYoga Conference](#)

THE RAVE REVIEWS ARE IN!



Click on the links below to read what reviewers are saying:

[Yoga Link: Core Integration](#)

[Yoga Link: Hip Helpers](#)

[Yoga Link: Shoulder Shape-Up](#)

now available as a paperless download through [amplify.com](#)

July 5-10
Omega Institute
Rhinebeck, NY
(800) 944-1001
[Click here for details and registration](#)

The Core of Yoga - A Total Abdominal Awakening
August 7 - 9
An all levels retreat
Kripalu Center for Yoga and Health
Lenox, MA
(866) 200-5203
[Click here for details and registration](#)

How has Yoga Tune Up® Helped You?

TESTIMONIAL REQUEST

Please let us now how Yoga Tune Up® has helped you or your students. Email us: karrie@yogatuneup.com
We look forward to hearing from you!

HOLISTIC HEALTH AND SPIRITUAL COUNSELING

True nourishment from food + deep nourishment from life



Nourishment is more than food. Holistic nourishment refers not only to food but all those things in our lives that assist us in feeling deeply fulfilled; relationships, creativity, service through career or vocation, etc. In working together, we discover your unique challenges and resources and, step by step, make nutritional and lifestyle changes that support you in living the healthy, vibrant life you envision for yourself.

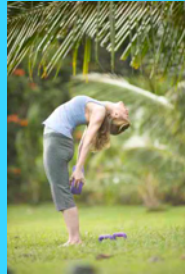
Kirstin Hara, M.A. C.H.H.C

Kirstin has over a decade of experience helping clients to achieve their goals, inside and out. She is dedicated to assisting her clients discover the bodymind connection and how our choices affect our physical, mental/emotional, and spiritual health.

Start your New Year with a new perspective, contact Kirstin at: kirhara@comcast.net, or (917) 687-1859

SAVE \$100 and Bring a Friend at 50%!

Yoga Tune Up® Winter Retreat in Costa Rica



Yoga Tune Up®
Retreat Dates: February 7-14th
Register NOW & save \$100! Bring a companion and they'll save 50%*
[Click here for retreat information](#)

Plan now for your winter vacation at the lush Sueno Azul Resort in Costa Rica with a Yoga Tune Up® Retreat.

Register online by [clicking here](#) or contact Omega Institute at 800.944.1001

*Use code 09WTSP when registering for yourself and code BAF for your friend.

You must register by January 20, 2009 to take advantage of this special offer.
Offer cannot be combined with other Omega discounts.

TEACHER'S CORNER

Would you like to sell Yoga Tune Up® Ball Kits to your students?

BULK PRICING is available!

Email: karrie@yogatuneup.com for more info.

Join Our Mailing List!

Yoga Tune Up® Ball Kit



Tension Tune Down Series: Upper Back and Neck

This 23 minute series provides a thorough deep tissue massage for the upperback and neck.

Using these special rubber balls, you will be guided through a powerful sequence of trigger points to release knots of built up stress.

An invaluable therapeutic tool to add to your practice.

[Kit includes: 2 Tune Up Balls, Upperback/Neck CD, and visual guide.](#)

Weekly Yoga Tune Up® Classes at Equinox Fitness Club*



Santa Monica
MON, WED, FRI
12PM - 1PM
Instructor: Jill Miller

Woodland Hills
TUES.
10:15 - 11:15
Instructor: Tiffany Chambers-Goldberg

THURS.
10:15 - 11:15
Instructor: Jill Miller

Westwood
MON, WED
5:30 - 6:45PM
Instructor: Maura Barclay

Century City
TUES
1:00 - 2:00pm
Instructor: Patty Wortham

SAT
11:00 - 12:15
Instructor: Maura Barclay

South Bay
FRI
9:00 - 10:15AM
Instructor: Suzy Nece

Palos Verdes
WED
5:30 - 6:45PM
Instructor: Suzy Nece

Mamaroneck, NY
SAT
9:00 - 10:30AM
Instructor: Barbara Sroka

*Membership Required.
[Club Details](#)