

Greetings Yogins,

Happy Spring! I am excited to announce that over the next few months I'll be bringing Yoga Tune Up® workshops to a city near you. If you are in or around San Francisco, New York, New Jersey, Albuquerque, (or of course Los Angeles) please join me. The Yoga Tune Up® Teacher Training in LA has only 2 more openings, and Core Integration Immersion Training in New York is also close to capacity, so sign up now!

A big THANK YOU to the many of you who have enthusiastically purchased my new *Yoga Link* DVDs, so far I have had emails from all over the globe, including Greece and Saudi Arabia.

Several of you have written to me to clarify the differences between my first series, *Yoga Tune Up*®, and this new production, which has been beautifully crafted by Pranamaya. While there are a few exercises that have been updated from the *Yoga Tune Up* series, the *Yoga Link* series are brand new sequences providing loads of fresh content, with even deeper explorations and challenges. There are also a variety of extras, including a **Breathing Primer** that adds several more layers to deepen your overall experience.

Your feedback has been great, and I encourage you to expand your video library with these helpful DVDs to continue to evolve your practice.

Blessings,
Jill



Have YOGA, Will Travel

Travel can be stressful on our body; backaches, anxiety, and feelings of claustrophobia are all common symptoms. If I add up all the days I spend teaching on the road, it comes out to about 50 days/year. That is not a lot when I compare my travel days to some of my fellow road warrior teacher friends. It's also not a lot compared to the average business traveler who is away from their beds for several days each week.

Many of us are familiar with the laundry list of packing, schlepping, waiting, and hurrying involved in travel. The media also reminds us that there are threats to our health aboard airplanes including Deep Vein Thrombosis (DVT), the formation of blood clots in the legs due to lack of circulation and dehydration.

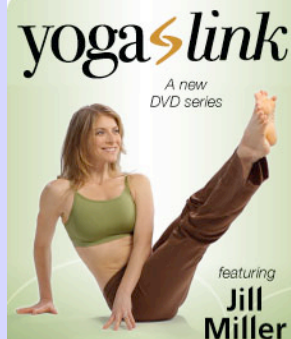
So what's a Yogic traveler to do? First, try to arrive at the airport well ahead of schedule so that you lower the risk of missing your flight. Then, with your extra time at the airport, you'll be able to indulge in some "pre-flight yoga." Find an un-crowded waiting area and stretch. My favorites are basic standing poses like triangle, twisted triangle, and runner's lunges. Use the chairs for additional support and soothe your nerves with deep abdominal breathing. If you find yourself rushed or in a panic with spiking anxiety, remind yourself that the only thing you can control in this moment is your breathing. Don't punish yourself for getting hyped up; forgive yourself (and the airlines) for losing control now and then!

Once on board, pull your Yoga Tune Up Balls out of your carry-on so you can use them for an in flight back massage. You can start by placing them between your shoulder blades and gently wiggle your back from side to side while the balls massage across your upper back. Reset the balls in a new spot every 10 minutes or so and your kinks will be massaged out by the time you walk off the flight.

During a long flight, the hamstrings, hip flexors and back muscles tend to become tense and congested from lack of movement. Choose an aisle seat so that you can walk along the aisle (carts permitting)

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Easy Access to an Ageless Art

This exciting new series is based on Jill Miller's more than 23 years of movement and bodywork expertise. Her teaching playfully integrates the nuts and bolts of human movement coupled with profound yogic philosophy.

Each of the three DVDs, *Core Integration*, *Hip Helpers* and *Shoulder Shape-Up*, includes in-depth workshop material, breathing techniques and a toolkit of precise practices to help you easily access greater freedom, movement and awareness in your body.

These Yoga Link programs are designed to delight, inform, and integrate seamlessly into your current yoga practice.



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and stretch your legs to pump blood through your whole system. I try to squeeze another runner's lunge (hip flexor stretch) or simple forward bend (hamstring stretch) in the galleys on my way to the bathroom. The airline bathroom may be small, but I have been known to do jumping jacks to stir up my blood. I'll then carefully arrange my body into a few creative sidebending poses, like the boomerang, which is also a great lower back stretch. And of course, throughout the flight, drink plenty of water.

Finally, once you are at your destination, make it a priority to calm down your nervous system from all of the stimulation. My favorite is the deeply tranquilizing *Veeparita Korani Mudra* - known as Legs up the Wall pose. It is very simple and a great de-stresser.

- Lay on your back with your buttocks at the wall and prop up your pelvis (use a thick cushion or phone book)
- Straighten your legs so that they are supported by the wall
- Breathe through your nose and fill from belly to throat as though your body were a river bed
- Imagine your breath is the water cascading like a waterfall from your belly to your heart, and finally ends at the throat
- Slowly exhale then repeat (5-10 minutes)

Resume your yoga practice the next morning (whether through a DVD you've brought along or a live class you found at location). You'll feel much more regulated, balanced and ready for your day.

Happy Travels!

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Yoga Tune Up® Workshops

APRIL

Core Integration: A Total Abdominal Awakening and Yoga Tune Up® - Backbend Booster
APRIL 5, 6, SAT & SUN: 1:30 PM - 4 PM
Yoga Tree Castro
97 Collingwood St (at 18th St.)
San Francisco, CA 94114
(415) 701-9642
[Click here for details & registration](#)

Yoga Tune Up® Teacher Training Module 1
APRIL 12, 13 & 19, 20, SAT & SUN
Equinox Century City
10220 Constellation Blvd.
Century City, CA 90067
For info call [Tandy Gutierrez](mailto:Tandy.Gutierrez@equinoxfitness.com) @ (310) 552-0420
Or email: tandy.gutierrez@equinoxfitness.com

Yoga Tune Up® - Hip Helpers
APRIL 23, WED, 6:30 PM - 9 PM
HOME yoga experience
370 Franklin Turnpike
Mahwah, NJ 07430
(201) 252-2575
[Click here for details & registration](#)

Yoga Tune Up® - Backbend Booster
APRIL 24, THURS, 5:45 PM - 7:45 PM
Lila Yoga, Dharma and Wellness
302 Bowery #2 (between Bleecker & Houston)
New York, NY 10012
(212) 254-2130
[Click here for details & registration](#)

Core Integration Teacher Training Level 1
APRIL 25-27, FRI-SUN
Lila Yoga, Dharma and Wellness
302 Bowery #2 (between Bleecker & Houston)
New York, NY 10012
(212) 254-2130
[Click here for details & registration](#)

MAY

Yoga Tune Up® - Backbend Booster
MAY 11, SUN, 1 PM - 4 PM
YogaNow Gold Studio
215 Gold Ave. SW
Albuquerque, NM 87102
505-232-4717
[Click here for details & registration](#)

Breathe In Bliss Out - A Workshop in Conscious Relaxation and Yoga Nidra
MAY 18, SUN, 1 PM - 3 PM
Rising Lotus Yoga
13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 990-0282
[Click here for details & registration](#)

JUNE

Yoga Tune Up® - Shoulder Shakti
JUNE 7, SAT, 2 PM - 5 PM
Yoga House
11 State St.
Pasadena, CA
(626) 403-3961

Teacher Trainings

Yoga Tune Up®
& Core Integration

West Coast: Yoga Tune Up® Teacher Training Module 1

APRIL 12, 13 & 19, 20, SAT & SUN

Equinox Century City
10220 Constellation Blvd.
Century City, CA 90067

FOR INFO CALL:
Tandy Gutierrez @
(310) 552-0420
Or EMAIL: tandy.gutierrez@equinoxfitness.com



East Coast: Core Integration Immersion/Teacher Training Level 1

APRIL 25-27, FRI-SUN

Lila Yoga,
Dharma and Wellness
302 Bowery #2 (between Bleecker &
Houston)
New York, NY 10012
(212) 254-2130

[Click here for details & registration](#)

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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.](#)

Brand new feature:

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Yoga Tune Up Ball Kits
to your students?

BULK PRICING is available!

Email: info@jillmilleryoga.com for more info.

[Click here for details & registration](#)

**Core Integration/ Breathe in:Bliss Out
Hip Helpers for Classic Poses**

JUNE 14 - 15

Fresh Yoga

319 Peck St.

New Haven, CT 06513

(203) 464-3387

[Click here for details & registration](#)

Yoga Tune Up® - Efficiency in Asana

JUNE 15 - 20

Omega Institute for Holistic Studies

Rhinebeck, NY

(800) 944-1001

[Click here for details & registration](#)

Yoga Tune Up® - Shoulders

JUNE 21, SAT, 1 PM - 3:30 PM

Yoga Works

138 Fifth Avenue (4th Floor, at 19th St)

New York, NY 10011

(212) 647-9642

[Click here for details & registration](#)

AUGUST

The Core of Yoga- Core Integration Weekend

August 29-September 1

Kripalu Center for Yoga and Health

Stockbridge, MA 01262

[Click here for details and registration](#)

Weekly Classes w/Jill in Santa Monica



Yoga Tune Up®

MON, WED, FRI

12PM - 1PM

Equinox Fitness Club*

201 Santa Monica Blvd. Santa Monica, CA 90401

(310) 593.8888

*Membership Required.

[Club Details](#)