



Fitness Therapy for Longevity™

YTU Newsletter - May 2009

Greetings Yogins!

It's finally here!!! WWW.YOGATUNEUP.COM is in beta launch. It's a whole new website filled with lots of Video, Therapy Ball Products, Community Forums, Yoga Tune Up® Teacher Bios, Class, Workshop & Teacher Training listings, and more! We are still in development so your comments towards helping us to continue to refine the site are welcomed.... AND be sure to register so you can get your [FREE 5 minute Quickfix Video!](#)

I'm also excited to announce there are four NEW Tension Tune Down [Therapy Ball Programs](#) (in addition to the "classic" *Upper Back & Neck*) - all 5 programs come with an easy to follow visual guide and audio CD. The Five different programs are:

- 1) *Rotator Cuff Series*
- 2) *Hips & Buttocks Series*
- 3) *Lower Back Series*
- 4) *Miniseries + Legs & Feet Bonus*
- 5) *Upper Back & Neck Series*

Hey East Coasters! I am teaching a weekend of workshops in NYC May 16-17 at [Yoga Works](#). This is the last public course I will be teaching in NYC until 2010.... register now!

Hey West Coasters! Please come join me at my new Wednesday evening Yoga Tune Up® class at [Rising Lotus Yoga Studio](#) in Sherman Oaks. Each week from 6:30-8PM we will explore different topics and integrate the Yoga Tune Up® therapy balls to complement our practice. A perfect "mid-week" de-stresser and refresher.

There are now Yoga Tune Up® classes taught every single day of the week somewhere in the US! Join one of the many YTU classes happening in your area, go [here](#) to search for a class near you!

Other News.... re: Teacher Trainings

There are only 2 spots left for the May Yoga Tune Up® Teacher Training in LA. Reserve your spot today! And plan ahead for summer training in Palo Alto, or October in Boston.

Pamper and nurture yourself while springing your practice to the next level at one of my **summer retreats** at [Omega](#) or [Kripalu](#) (see below).

And be sure to check out the June issue of **Yoga Journal** for the GREAT REVIEW of [Yoga Link- Shoulder Shape Up](#).

Blessings,
Jill

In This Issue

- 1. Go Upside Down to Lighten Up!**
- 2. Yoga Tune Up: Active Recovery**
- 3. Upcoming Teacher Trainings**
- 4. Upcoming Workshops**

Meet the Growing Team
of
Yoga Tune Up® Teachers

LA AREA:

[Maura Barclay](#)
[Tiffany Chambers-Goldberg](#)
[Brigitta Dau](#)
[Tiffany Hume](#)
[Petula Lu](#)
[Suzy Nece](#)
[Patty Wortham](#)
[Karrie Wardlow](#)
[Hollie Rabishaw](#)

NORTHERN CALIFORNIA:

[Sadie Chanlett-Avery](#)
[Sherri Chien](#)
[Jochen Kumm](#)
[Owen Grady](#)
[Jeff Lang](#)
[Victoria Snyder](#)
[Dawn Hall](#)
[Phuong Tran](#)

NYC/METRO AREA:

[Suzanne Ausnit](#)
[Jason Griffin](#)
[Loi Kail](#)
[Barbara Sroka](#)
[Carisa Borello](#)
[Elena Remais](#)
[Lashaun Dale](#)

CONNECTICUT

Jennifer Cook

LONDON:

Sara Wolverson

Go Upside Down to Lighten Up!

Stress Less with Inversions



INVERSIONS are coveted among yogis. Yoga is one of the few systems of health that suggests that you regularly turn yourself upside down for extended periods of time. The health claims are astonishing: it reverses aging, increases blood flow to the brain, regulates pituitary and pineal glands, relieves constipation, tranquilizes and mellows the nervous system, and the list goes on. Responses vary from person to person, but a regular practice of turning upside down to one degree or another is soothing and balancing

and can be a necessary step for many to stop their chattering minds prior to meditation.

These poses are excellent for aiding in draining blood and lymph from the lower extremities and the abdominopelvic organs. They are also a great stretch for the diaphragm that now experiences an eccentric lengthening during each exhale. All inverted poses significantly increase blood flow to the brain, heart and lungs. This extra flow helps to saturate the often neglected upper lobes of the lungs with a fresh wash of blood and stimulates action in its upper air sacs (arterioles).

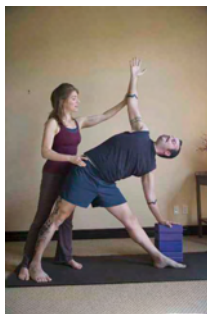
Inversions also directly impact certain relaxation responses in our bodies. Whether the inversion is subtle or extreme, the pull of blood towards our hearts and heads toggles our nervous systems to turn off the sympathetic "flight or fight" response while turning on the parasympathetic "rest & digest" response. This happens in a complicated feedback loop that starts when blood pressure accumulates in the aortic arch above the heart and the carotid arteries in the neck. The final result is that they quiet the "chatterbox" centers within the brain itself so that we can have some peace and quiet.

Not everyone can or should do inversions. Here are some of the facts. Students with high blood pressure are advised against aggressive inversions such as Headstand, Shoulderstand, or Plow. Certain students who have lost their cervical curve are at serious risk when doing Headstand or Shoulderstand. Students with degenerative bone disease or detached retinas are also strongly discouraged. Functionally, we were not made to put all of our body's weight on the neck bones either in flexion, extension, or neutral. A healthy Headstand or Shoulderstand needs strong arms, shoulders, and core muscles to displace some of the body's weight off of the neck and skull.

When settling in for an inversion, give yourself some time, make sure your practice space is quiet and warm, and dim the lights for an optimum result of calm. For more spectacular Relaxation Response info, visit Roger Cole Ph.D www.sleepknowledge.com.

Yoga Tune Up®: Active Recovery

Final 2 Weeks!!!



Yoga Tune Up® is partnering with PacWest Athletics and Lululemon in northern California to present a special clinic presented by [Sadie Chanlett-Avery](#).

In [Yoga Tune Up®: Active Recovery](#) you will learn to SYSTEMATICALLY create lasting harmony in your muscles, joints, and connective tissues so that your body is brought back into complete physiological balance.

- Strengthen the core while increasing flexibility
- Lengthen and balance troublesome hip flexors
- Regenerate mobility in rotator cuff injuries
- Improve performance time for endurance athletes
- Reduce stress and improve sleeping patterns

Wednesdays @ 7:30pm. Last two weeks: May 6 & 13
Lululemon, 327 Grant Avenue
San Francisco, CA 94108

ALL LEVELS WELCOME!
[Click Here to Register](#), Drop-Ins Welcome Too!



Search [HERE](#) for a class near you!

Jill's New Yoga Tune Up® Class in "the Valley"



Wednesdays 6:30 - 8:00pm
[Rising Lotus Yoga Studio](#)
13357 Ventura Blvd.
Sherman Oaks, CA 91423

- All Levels are welcome!

Let it become your indulgent mid-week retreat!

REDUCE STRESS NOW w/Targeted Trigger Point Self Massage Therapy!



Yoga Tune Up® Therapy Ball Tension Tune Down Series

These five different series provides a thorough deep tissue massage!

Using these special rubber balls, you will be guided through powerful sequences 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, drawstring tote bag, Audio CD, and visual guide.

[Click HERE for more info and to watch a preview VIDEO!](#)

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.

YOGA LINK DVD Series

THE RAVE REVIEWS ARE IN!
Has Yoga Link helped you? Please submit your personal reviews at

Athletics



Upcoming Teacher Trainings

Increase your Student Base: [Train to Teach Yoga Tune Up®](#)

Yoga Tune Up® - Level 1 Certification (40 hours)

- MAY 21 - 24 and MAY 29 - 31, Los Angeles, CA
- AUGUST 28 - 30 and SEPTEMBER 4 - 7, Palo Alto, CA
- OCTOBER 2 - 5 and 9 - 11, Boston, MA

Yoga Tune Up® Teacher Training Level 2 (20 hours)

- JUNE 19 - 21, Los Angeles, CA
- JULY 11 - 13, NYC, NY

Liberation Yoga Teacher Training (Anatomy Module)

- July 31 - AUG 2
- Liberation Yoga, Los Angeles

Core Integration Immersion: Abdominal Awakening Accelerated (A teachers and advanced practitioners intensive)

- AUGUST 9 - 14, [Kripalu Center for Yoga](#), Lenox, MA
- SEPTEMBER 17 - 20, [Equinox](#), Los Angeles, CA

Vibrant Living Yoga Teacher Training - Ubad, Bali

Jill will be teaching a Module within this 500 hour Teacher Training in Bali, NOVEMBER 24 - 27 (Full Dates: Nov 18 - Dec 2)

Yoga Tune Up® Workshops

THIS MONTH!!

[A Yoga TuneUp® Weekend in NYC](#)

Yoga Works, 138 Fifth Avenue, NYC (212) 647-9642

- [Core Integration- A Total Abdominal Awakening](#)

MAY 16, Sat 2 PM - 5 PM

- [Yoga Tune Up®: Backbend Booster](#)

May 17, Sun 2 PM - 4:30 PM

NEXT MONTH and beyond...

Yoga Tune Up® Backbend Booster

June 7, Sun 12:30-3:30 PM

[Rising Lotus Yoga Studio](#), (818) 990-0282

Yoga Tune Up® Retreat

July 5-10

[Omega Institute](#), Rhinebeck, NY (800) 944-1001

Core Integration - A Total Abdominal Awakening

July 25 Sat, 2 PM - 5 PM

[Yoga Works](#), Center for Yoga Los Angeles (323) 464-1276

The Core of Yoga - A Total Abdominal Awakening

August 7 - 9

An all levels retreat, Lenox, MA

[Kripalu Center](#) for Yoga and Health, (866) 200-5203

Yoga Tune Up® Shoulders, Hips & Heels, 1-4pm

Breathe In Bliss Out, 6-8pm

October 7

[Fresh Yoga](#), New Haven, CT (203) 776-9642

Ojai Yoga Crib

October 23-25

[Click here for details and registration](#)

Summer Retreats

Plan Ahead!

[AMAZON.COM](#)
and at [Pranamaya.com](#).



PRANAMAYA®

[www.pranamaya.com](#)

1-866-339-4415

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

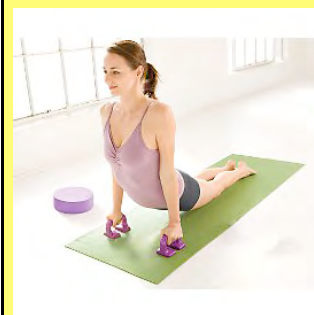
[Yoga Link: Core Integration](#)

[Yoga Link: Hip Helpers](#)

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

DOWNLOADABLE through
[iamplify.com](#)

YOGA for WEIGHT LOSS DVD Workout Kit from GAIAM



Work with me as I take you through your whole body, targeting your hips, shoulders, spine & core.

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. Shot in the lush rainforests of Kauai.



Yoga Tune Up® Retreat: July 5-10
Omega, 800.944.1001

Core of Yoga Weekend: August 7-9
Kripalu, 866.200.5203

**Core Integration Immersion: Abdominal
Awakening Accelerated, August 9-14**
Kripalu, 866.200.5203

Available at Border's and Target
stores worldwide and through
[Gaiam's website.](#)

Blog Time



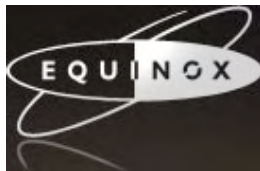
Jill's Gaiam Blog

I am now an official "[Contributing Expert](#)" at Gaiam.com. Visit Bi-weekly for my latest articles and updates on topics ranging from pose tectonics, monkey mind management, and classroom reports.

How Has Yoga Tune Up® Helped You?

LET US KNOW... we love hearing how Yoga Tune Up® has helped you or your students. Email us: karrie@yogatuneup.com
We look forward to hearing from you!

EQUINOX FITNESS CLUBS and Yoga Tune Up®



EQUINOX FITNESS CLUBS has chosen Yoga Tune Up® as a highlight in their "[Conscious Movement](#)" group fitness classes. We are thrilled and honored to be working with them to bring you the best trained teachers at clubs across the USA.

[Look for a class](#) at a club near you!

Visit www.yogatuneup.com for your FREE 5 minute Micro-Region Online Video!

And STAY TUNED for more information about the Upcoming Yoga Tune Up® At Home Program!