



Special Offer: Tune Up™ Teleconference

Sunday June 24th at 5pm: Details Below

Welcome to my newsletter...

June 2007

Greetings Friends!

Welcome to my brand new newsletter. I will be sending these newsletters out about once a month to keep you updated, informed, and inspired. Please see the Upcoming Events section for the exciting things I have planned -- including a complimentary Yoga Tune Up™ Teleconference. I look forward to your feedback and hope to see you on retreat soon!

Blessings,
Jill

Why Retreat?



According to the Oxford English dictionary: the word *retreat* means, 1. to treat again 2. a place of refuge, seclusion, or privacy.

I was 18 and a student at both Northwestern University and the local Shiatsu Massage school when I attended my very first retreat. My shiatsu teacher recommended his annual retreat on the outer limits of Chicago in the woods of Wisconsin. I had no idea what "going on retreat" really meant, but I was intrigued. After a mind-blowing weekend of massage, yoga, nature, and community, I left the Wisconsin woods purified on an inexplicable level, and I have been hooked ever since.

By 19, I began gifting myself annual retreats by working summers at the Omega Institute for Holistic Studies, the largest retreat center of its kind in the western world. Every summer was full of renewal, emotional growth, and skill building. I even met my yoga mentor, Glenn Black at Omega. Now, when I go on retreats, I feel as if I am returning home. Not to the home of my parents, but to a place within myself that is often stifled by the stresses of daily life (yes, even yoga teachers battle stress -- why do you think we teach?)

I am now in the fortunate position of facilitating my own retreats and students of mine have mentioned similar experiences of discovering their "truer" self. By stepping out of their daily routine and entering into a slower pace, they unleash an expansive sense of freedom.

Retreats are an amazing place to forge new friendships, move on from old relationships, evolve a yoga practice, eat healthfully, grow in new directions, absorb nature -- and the list goes on.

Typically, on my retreats, Day 1 finds students with a mixture of gleeful anticipation, trepidation, and travel exhaustion. On Day 2, after hours of transformational yoga and self-nurturing, I love seeing my students' faces soften. By Day 3, their strengthened bodies are cooperating with their hearts and a new degree of internal listening sets in. They report feeling safe and comfortable, with a sense of relief at being able to let down their guard, grieve, laugh, and process their inner world. Palpable changes emerge each day as the yoga chips away at old habits, both physical and mental. The longer the retreat, the easier it is to maintain those changes.

So why retreat? To turn back, look in, and accelerate growth. A retreat can be the catalyst for life-changing experiences and breakthroughs. I hope you will pamper your spirit and give yourself the gift of a retreat.

Upcoming Events

RETREATS

JUNE 29 - JULY 1
Omega Institute for Holistic Studies
The Core of Yoga: Core Integration - A Total Abdominal Awakening
Rhinebeck, NY
(800) 944-1001

[Click here for details & registration](#)

JULY 1 - 6
Omega Institute for Holistic Studies
Yoga Tune Up™: Efficiency in Asana
Rhinebeck, NY
(800) 944-1001

[Click here for details & registration](#)

Stay tuned for details on my Winter Retreat to Costa Rica:
February 23rd - March 1st 2008

WORKSHOPS

Shoulder Shakti
JULY 21
SATURDAY, 1:30 PM - 4:00 PM
Yoga Works, Center for Yoga
230 1/2 Larchmont Blvd
Los Angeles, CA 90004
(323) 464-1276

[Click here for details & registration](#)

Backbend Booster
SEPT 8
SATURDAY, 1:30 - 4:00 PM

In This Issue Why Retreat? Upcoming Events Free Teleconference

Yoga Tune Up™
DVDs



Available online and at workshops, retreats, and classes

Anatomy of Yoga
Workshop w/ Glenn
Black



A Not to be Missed
Opportunity, with my
mentor
Glenn Black

Saturday & Sunday
July 7-8
1-4 pm
\$65.00/day or
\$120.00/workshop

Yoga Source
Los Gatos
15545C Los Gatos Blvd
Los Gatos, CA 95032
(408) 402-YOGA

[Click here for
information &
registration](#)

[Join Our Mailing List!](#)

Rising Lotus Yoga
13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 980-0282

[Click here for details & registration](#)

Yoga Tune Up™ Teleconference

Free Introductory Offer Tune Up™ Teleconference

Sunday June 24th at 5 pm - 5:30 pm PST

Please join me for the first in a series of monthly teleconferences covering a variety of Yoga topics.

These teleconferences are your opportunity to clarify and enhance your practice, ask questions, and hear about other students' experiences.

1st session: Sunday, June 24th at 5pm PST

Duration: 1/2 hour

Topic: **Uddihyana Bandha**

Cost: FREE (a \$15 value)

[Click here to register](#)

Details will be sent to you via email.

(Advance registration is required)

*If you have previously purchased teleconferences, your package will be extended by one month and you are invited to join this one for free!