



Exciting New Offer: 3 by 3 Tune Up™ package

Purchase 3 DVDs & 3 Teleconferences for **only \$75** (a \$90 value)

Welcome to my newsletter...

July 2007

Greetings Friends!

I am thrilled to be home again after a whirlwind month of teaching retreats at Omega, hosting Glenn Black's workshops at Yoga Source in Los Gatos, and offering Bodywork at his booth at the Yogacharya Festival in Santa Clara. Omega's annual Yoga Tune Up retreat was so popular that we'll be offering it twice next year: winter in Costa Rica(!!) and summer in Rhinebeck!

My life often feels so packed with blessings, that it takes my breath away. That's why I've focused this month's Tune Up Teleconference on Pranayama, where I will offer some breath-based solutions to sedation in times of acceleration.

Breath Blessings,
Jill

Catch Your Breath - To Ujayii or not to Ujayii

(Ujayii: pronounced oo-jah-ye)



When I first began practicing yoga (in 1983), my teachers instructed to me to breathe. I was given explicit instructions on how to breathe, how to feel the sensations of breath and to become familiar with the muscles of respiration. When I began studying the Astanga form at age 22, I was introduced to Ujayii Pranayama, or the triumphant breath. It was a complete revelation to me.

Breath equals life. Correct breathing in yoga is perhaps one of the most important elements for a successful practice. Ujayii breath is merely one of many breathing techniques you can use while practicing yoga. Ujayii breath is created by restricting the muscles in the throat at the level of the larynx (vocal box), which draws the delicate vocal cords together and produces a hissing sound as breath streams through them. It also induces a warming sensation and generates a noise similar to "listening to the ocean" inside a large sea shell, or the sound made when blowing air into a frigid winter day to "see your breath." Creating this wall of inner throat noise is very soothing and feels as if you are DJ to your own inner soundtrack during practice. Focusing on Ujayii also serves as a very meditative object of concentration. Producing the sound quite literally gives you the feeling of catching a hold of your breath while harvesting its power.

Ujayii has its benefits, but when done to excess it can be a tremendous energetic drain on the body. By repeatedly contracting the laryngeal muscles, you create tension in the delicate vocal cords that we use to produce sounds while speaking. Done fanatically and with aggression, Ujayii can produce irritation, inflammation, and possibly polyps or nodes on those fine cords. Ujayii breathing is actually a normal physiological response that happens quite spontaneously in a body under strain: it functions to increase pneumatic pressure in the lungs and abdomen. For example, while shoving a large piece of furniture across the floor, your body will automatically brace the finer and larger muscles of the neck, core and diaphragm, resulting in the "Hmffgh!" sound as you push - that is an extreme form of Ujayii (triumphant indeed, but hardly meditative!)

I recommend using Ujayii in moderation and to keep the sound as soft and internal as possible. The rule of thumb being "create Ujayii so that it is only heard by you" and disturbs no one else; thus Ujayii will be your little secret. Or if you find that you have become so attached to producing Ujayii that you are unable to complete a breath without it, you might want to take a closer look at the simple act of breathing and relearn how to breathe effortlessly, without any tension anywhere (and that my friends is a WHOLE other discussion).

© Jill Miller Yoga 2007

Upcoming Events

WORKSHOPS

Backbend Booster
SEPT 8
SATURDAY, 1:30 - 4:00 PM
Rising Lotus Yoga
13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 980-0282

[Click here for details & registration](#)

Spend a September weekend in Seattle:

Core Integration: A Total Abdominal Awakening
SEPT 15
SATURDAY, 1 PM - 4 PM

Backbend Booster
SEPT 16
SUNDAY, 1 PM - 4 PM

Yogi Way
1421 N. 34th St. #A
Seattle, WA 98103
(206) 925-YOGA

In This Issue
Catch Your Breath
Upcoming Events
July Teleconference

**Yoga Tune Up™
DVDs**



[Available online](#) and at workshops, retreats, and classes

**Core Integration
Teacher Training**



For teachers:
Add new tools
&
For students:
Intensify your practice

OCTOBER 26-28

Fresh Yoga
319 Peck St.
New Haven, CT 06513
(203) 464-3387

[Click here for
information &
registration](#)

[Join Our Mailing List!](#)

[Click here for details & registration](#)

Shoulder Shakti

OCT 13
SATURDAY, 2 PM - 5 PM
Yoga House
11 West State St.
Pasadena, CA
626) 403-3961

[Click here for details & registration](#)

Yoga Tune Up: Hips and Core

NOVEMBER 1
THURSDAY, 7 PM - 9 PM
hOMeE yoga experience
370 Franklin Turnpike
Mahwah, NJ 07430
(201) 252-2575

[Click here for details & registration](#)

RETREATS

Costa Rica

February 23rd - March 1st 2008

[Read about the Sueño Azul Resort location](#)

Stay tuned for more details

Yoga Tune Up™ Teleconference

Tune Up™ Teleconference

Sunday July 29th at 5 pm - 5:30 pm PST

Join me 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.

Date: Sunday, July 29th at 5pm PST
Duration: 1.2 hour (includes mini breathing Teleclass)
Topic: Pranayama
Cost: \$15*

3 Ways to Participate:

- 1) 3 x 3 Special Offer (3 DVDs & 3 Teleconferences for \$75) a \$95 value
- 2) 3 Pack of Teleconferences - \$35 (a \$10 savings)
- 3) Single Teleconference - \$15

[Click here to register](#)

Details will be sent to you via email.
(Advance registration is required)

*Purchase a teleconference package (#1 or #2 above) and receive last month's Uddiyana Bandha conversation MP3 as a bonus!