



Fitness Therapy for Everyday Living™

YTU Newsletter - September 2009

Greetings Yogins!

I am back in LA after leading a Yoga Tune Up® teacher training in Palo Alto. I so appreciate the patience of my LA students as you "loan" me out to teach other instructors around the country to teach YTU.

This month, I will be leading an LA based [Core Immersion](#), there are still a few slots left for the all levels September 17-20 training. West coasters can also find me at [Inner Idea](#) in Palm Springs September 11-13. And in October I will teach at the annual yoga love-fest at the enchanting [Ojai Yoga Crib](#). Reserve now, this will sell out!

The Level 1 40 hour [Yoga Tune Up® Teacher Training](#) in Boston begins October 2 and is nearly at capacity. This is our first training in Boston, and the final Level 1 training for 2009! Don't miss out!

Visit yogatuneup.com for more YTU and stay "Tuned" for some great new products!

Blessings,
Jill

PS. Follow me on [Twitter!](#) Join our [FAN PAGE](#) on Facebook!

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Meet Maura Barclay Yoga Tune Up® Teacher of the Month



[Maura](#) grew up in Michigan where she was a competitive gymnast and two time junior Olympian. Her love of fitness took her to LA where she studied Budokon and became one of

the first Sensei's.

It was through martial arts she sustained her first chronic and stubborn [hip injury](#) which no amount of physical therapy would fix. It wasn't until she took Yoga Tune Up® and did her first Pelvic Primer Series at the wall that she began to feel instant relief from nearly a year of debilitating pain.

Yoga Tune Up® provided such a profound and lasting healing that Maura became a devotee and attended Jill Miller's classes regularly for nearly three years straight, soon becoming the first licensed teacher in Los Angeles. Maura has helped launch Yoga Tune Up nationally through Equinox

GET A GRIP!

3 Moves to Prevent and Treat Carpal Tunnel Syndrome



While I was finishing high school, my mother worked as the manager of a woman's clothing store in the mall. My mom is intense, and whatever she does, she does with gusto. Unfortunately for her, she would ring in orders on the cash register with the ferocity of a mad concert pianist. This left her with repetitive stress injuries in her wrists, which led to the dreaded diagnosis of Carpal Tunnel Syndrome and ensuing surgery. Carpal Tunnel Syndrome implies that the median nerve that runs through the forearms into the wrist and hands has been compressed and is no longer functioning well.

Having a disorder of the forearms, wrists or hands renders us practically inoperable. If we cannot use our hands, we are severely limited in almost every possible action. I created [Yoga Tune Up®](#) so I could help folks like my mom prevent and heal from the many aches and pains that besiege our bodies no matter what we do in life. In fact, the first yoga video I ever made was a holiday gift for my mom.

Now, Mom's doing great. She loves her stretches and using her computer (and recently discovered Facebook). She's keeping her wrists and forearms pliable and healthy so that she can "knit some booties" when that day comes!

3 moves for healthy hands, forearms and wrists

The precise moves that occur at our fingertips can be easily compromised if we don't take care of these precious parts. Here's three simple ways to make a difference in your own grippers.

1. Prevention = Ambidexterity

Switch your computer mouse to your non-dominant hand for a change!

Carpal Tunnel is most often found in our dominant hand. A very simple way you can prevent the constant accumulation of stress and strain in your dominant hand and wrist is to start switching little mundane tasks into your opposite hand. For example, if you are right handed and use your computer's mouse with the right hand, switch it to the left hand. At first it will feel totally exotic, clunky and unnatural, but trust me on this one, it will make a huge difference in your hands, wrists, forearms, elbows, shoulders AND neck! Get past the awkward first day, and you will forget which hand was dominant in no time.



2. Maintenance = Stretching

When the word "flexibility" is mentioned, most folks think about touching their toes and stretching their hamstrings. But the smaller finer muscles of the body need to remain open, flexible and strong to function well, too.

We are "graspers" by nature, holding onto objects, tools, steering wheels and the like - so the flexors of our forearms are disproportionately tight! To keep the fine flexors of the forearms and wrists supple, they need to have their own stretch series.

This [wrist extension stretch](#) can help change the tone in these tissues:



**Wrist Extension Part 2
Palms Peel off & Fingers Press**



**Wrist Extension Part 1 -
Full Palm Pressing**

- Place the palms on the ground or on the edge of a table with the fingertips pointing toward you. If this causes too much stretch, roll up a towel and place underneath the heels of the hands to reduce the angle.
- After about 15 seconds, begin to lean the forearms away from the palms while increasing the pressure of the palms pressing downward into the floor or table.
- Finally, begin to carefully peel the palms away from the floor, leaving only the four fingers to press into the floor. Feel the deep stretch throughout the fingers, wrists and palms.

3. Improvement = Exercise



The top of the forearms are even more neglected than the underside of the forearms. The long muscles on the top of the forearm oppose the flexors, and they need to be

and remains dedicated to expanding the Yoga Tune Up Teacher Training program.

She now teaches four Yoga Tune Up classes each week, helping over-worked, stressed out people to pursue their aversions and become experts in themselves.

Search [HERE](#) for Maura's classes, workshops and retreats.

Meet our other Yoga Tune Up® Certified Teachers [HERE](#).

Heal Aches & Pains

w/Targeted Trigger Point Self Massage Therapy!



Yoga Tune Up's [Therapy Ball Program](#) Works!

**Loosen Locked Muscles
Relieve Tension
Increase Circulation**

Five different series provide a deep tissue massage!

- Upper Back & Neck
- Rotator Cuff
- Lower Back
- Hips & Buttocks
- Lower Legs & Feet

An invaluable therapeutic tool to add to your practice.

Kit includes: 2 Tune Up Balls, massage tote, Audio CD, and visual guide.

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

TEACHER'S CORNER

Would you like to provide the healing benefits of the Yoga Tune Up® Therapy Balls to your students?

BULK PRICING is available!

Email: karrie@yogatuneup.com for more info.

YOGA LINK
DVD Series



strengthened in order to balance the overwhelming power of our gripper muscles. I learned this genius dolphin variation pose from Richard Rosen at the Piedmont Yoga Studio last December.

Dolphin Pose with Palms Facing Up

- Rest forearms on a yoga mat, and place a yoga block in between the wrists along the pinky side of hands.
- Pike the hips upwards, forming an upside down "V" shape with the body (bend the knees if the hamstrings are very tight).
- Attempt to press the thumb side of the hand into the floor, and feel the traction and stretch deeply within the muscles of the forearms as the spine extends away from the rooted forearms.

Feel the fresh blood and newfound energy in the top of the forearms after you release the stretch!

For even more therapy exercises and pain relief for the wrist and forearm, please check out 2 new Quick Fix Therapy routines on yogatuneup.com.

Yoga Tune Up® at INNER IDEA

Join me in Palm Springs this Weekend!



Inner IDEA®

I will be presenting 3 workshops this weekend at the Inner Idea conference. Join me at the La Quinta Resort in Palm Springs, California!

[4th Annual Inner IDEA® Conference](#)
The World's Leading Mind, Body and Spirit Wellness Event

Palm Springs, CA - September 10-13, 2009
[Download the remarkable brochure here!](#)

Upcoming Teacher Trainings

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

[Core Integration Immersion: Abdominal Awakening Accelerated](#)

A teachers and advanced practitioners intensive
- SEPTEMBER 17 - 20, Equinox, Los Angeles, CA

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

- OCTOBER 2 - 5 and 9 - 11, Boston, MA (only 6 spaces left!)

[Yoga Tune Up® Teacher Training Level 3](#) (20 hours)

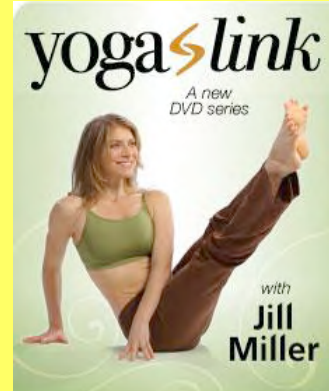
- November 13-15, Los Angeles, CA

Yoga Tune Up® Workshops

THIS WEEKEND...REGISTER NOW!

Inner Idea Conference

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



September 10-13
Palm Springs, CA
[Click here for details and registration](#)

NEXT MONTH and beyond...

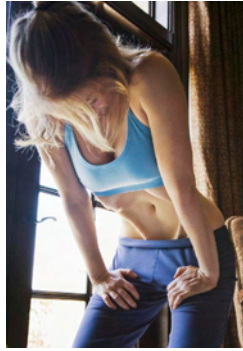
Yoga Tune Up® Shoulders, Hips & Heels 1:30-3:30pm
October 6
[South Boston Yoga](#), Boston MA (617) 548-2964

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
Ojai, CA
[Click here for details and registration](#)

A Yoga Tune Up® Weekend
November 7,8
Pasadena, CA
[Yoga House](#)

Late Summer Retreats & Immersions Last Chance!



[Core Integration Immersion:](#)
September 17-20
Equinox, Los Angeles, CA
818-760-2045

Yoga Tune Up® Friends



Thank You Zobha!

We met the wonderful women of [Zobha](#) at the IDEA convention in Anaheim last month and they generously outfitted me in some of their latest fashion-forward fitness clothes which I'm looking forward to breaking in at the Inner Idea Convention.

Please visit their site to shop for their exquisite fall line....and make sure to checkout their new line of post-yoga [dresses!](#)

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.

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

Blog Time



**Jill's
Gaiam
Blog**

As a "[Contributing Expert](#)" at Gaiam.com, I post bi-weekly articles and updates on topics ranging from pose tectonics, monkey mind management, and classroom reports.

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 Online [Quickfix Video](#)

And STAY TUNED for more information about the Upcoming [Yoga Tune Up® At Home Program!](#)