

Greetings Yogins,

Happy New Year! I love using the first days of the year to review my Sankalpas and perhaps, to craft a new resolve for the coming year. I hope that you too will recommit to your practice with purpose. We all know that yoga practice is not always bliss, sometimes it triggers a lot of issues and we approach it with reticence. Over the years, I've heard a number of issues that get in the way of one's practice, but there are three complaints that tend to be biggest. In the article below I suggest a few strategies to use when these chief roadblocks arise and how to overcome them.

Blessings,
Jill

P.S. - Remember, book your plane tickets now for my Yoga Tune Up® retreat in Costa Rica (February 23-March 1), a week of tropical ecstasy to grow your practice to the next level!



SURVEY YOURSELF

THREE CHIEF ROADBLOCKS:

1) I have an injury preventing me from going deeper.

Injuries are a bummer. No one wants to be in pain. It's important to not dwell on the inconvenience of your injury but rather, create an environment of healing within yourself. That environment starts first with establishing an inner mental attitude that chooses (in spite of the pain) to see the injury as an opportunity; an opportunity to learn more about the area in pain, along with how and why it's injured -- then dive into strategies that help support those tissues that are suffering.

This will take a proactive stance on your part to seek out information, help, and treatment. In the process though, you will learn a lot about your attitude towards your body, your practice and your own levels of trust and fear. Have faith, your body is a miracle. Tissue is living and it will regenerate if you give it time, patience, and love. The key here is to learn what led to the injury and then build new habits within your practice to ensure it doesn't get repeated.

I remember nursing a hamstring injury for nearly two years, which meant virtually no forward bends - but it gave me the time to work on my core and my back! Backing off the injured area compels you to focus on other poses that may need to be strengthened in order to support the injured area, as well as other areas that have been given the short shrift prior to the injury. Injuries can often be a blessing in disguise when treated properly within your practice.

2) I don't have enough time to practice.

If time is an issue, then honor the time you do have. My teacher, Glenn Black, gave me the best advice regarding "practicing with purpose in a pinch." Given the parameters of a hectic life he suggested, "condense your practice." What he meant was that when you need to "squeeze in" your practice time, condense the amount of time you spend in your poses but be sure to focus your awareness into a laser-like intensity. Just as Superman would compact coal to make a diamond in just moments, use that same power of purpose. His diamonds were just as brilliant as any mined from the earth after millions of years, and your results can be the same with condensed intensity. Make every moment of your practice count and you will feel that you have done enough.

3) I'm at a plateau and I can't seem to progress.

The dreaded PLATEAU -- A plateau is "a phase in mental or physical development during which little headway is made." After complaining about being stuck in a plateau to another teacher, Ana Forrest, she said "...a plateau only means you are preparing for your next ascent." Mentally, a plateau can stagnate your drive to continue your practice as it is seemingly filled with inertia, and brings along with it a plodding boredom. Look to this as a time of stability and a necessary phase of growth.

Our plateaus give us the chance to reflect upon, incorporate, and integrate our previous ascents. It allows us to adjust to the new altitude, while strengthening and readying ourselves for any oncoming obstacles. Use this time to appreciate steadiness and surefootedness because before you know it, life may throw you a curve ball. Life is full of change, but if we were always in a whirlpool of exploding expansion, then we'd have no way of taking inventory and gaining perspective on where we've been or where life is heading.

Survey yourself. What are the chief complaints you have about your practice? Is there a way to use the negatives to see a bigger picture for growth? From that new view, you will overcome the huge hurdle of feeling that your practice is weighing you down as opposed to buoying you up.

I wish you all the best and I welcome your personal stories and feedback.

In This Issue

1. Survey Yourself
2. Yoga Tune Up® Workshops
3. Retreat Discount



NEW YEAR'S Special Savings

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[see website for details](#)

(offer good through 2/17/08)*

Available online and at workshops, retreats, and classes
*offer not good on Yoga Tune Up® Ball Kit

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- Friday 4-6pm: Pelvic Primers & Hip Helpers

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CA 90401
(310) 593.8888

*Membership Required.
[Club Details](#)

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Yoga Tune Up® Workshops

JANUARY

Core Integration: A Total Abdominal Awakening
JAN 19, SATURDAY: 2 PM - 5PM

Yoga House
11 State St.
Pasadena, CA
(626) 403-3961

[Click here for details & registration](#)



Yoga Tune Up®: Shoulder Shakti, Pelvic Primer & Hip Helpers

JAN 24 - 25, THURSDAY & FRIDAY
Fit Yoga Conference Los Angeles

Century Park Hyatt
[Click here for details & registration](#)

Core Integration: A Total Abdominal Awakening

JAN 26, SATURDAY: 1:30 PM - 4:30 PM
Rising Lotus Yoga

13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 990-0282

[Click here for details & registration](#)

FEBRUARY

Core Integration: A Total Abdominal Awakening

FEB 9, SATURDAY: 2 PM - 5PM
Center for Yoga

230 1/2 N. Larchmont Blvd
Los Angeles, CA 90004
(323) 464-1276

[Click here for details & registration](#)

Yoga Tune Up® - Hips

FEB 10, SUNDAY: 2 PM - 5PM
Center for Yoga

230 1/2 N. Larchmont Blvd
Los Angeles, CA 90004
(323) 464-1276

[Click here for details & registration](#)

****WINTER RETREAT****

Yoga Tune Up® - Efficiency in Asana
FEBRUARY 23 - MARCH 1

Sueno Azul Resort
Costa Rica
(800) 944-1001

[Click here for details & registration](#)

MARCH

Yoga Tune Up® - Hips
MAR 8, SATURDAY: 2 PM - 5 PM

Yoga House
11 State St.
Pasadena, CA
(626) 403-3961

[Click here for details & registration](#)

Yoga Tune Up® - Backbend Booster
MAR 15, SATURDAY, 1:30 PM - 4:30 PM
Liberation Yoga

124 S. La Brea Ave
(323) 964-5222

[Click here for details & registration](#)

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](#)

vacation at the lush Sueno Azul Resort in Costa Rica with a Yoga Tune Up® Retreat.

[Register online by clicking here](#) or contact Omega Institute at 800.944.1001

* For discount, use keycode 08WTSP when registering.

You must register by January 11, 2008 to take advantage of this special offer.

\$100 discount offer cannot be combined with other Omega discounts.