Greetings Yogins!

I hope your holidays have been rejuvenating and refreshing. In between teaching, recording some new Tension Tune Down series (soon to be released: Rotator Cuff, Lower Back, Hips & Buttocks, and Breathe In Bliss Out), and planning out my year of teacher trainings, this yoga teacher actually did find some time to play with her husband, dogs and friends.

There are still a few more days to register for the Level 1 training in Palo Alto, and registration will soon be open for NYC in March. There are now more than a dozen superb Yoga Tune Up® teachers leading classes and privates on both the east and west coasts (see below for details.) You will find them at Equinox clubs, Yoga studios and private lessons that customize Yoga Tune Up® practices just for you.

This month’s article encourages you to take a realistic look at the assumption that yoga plays in weight loss. I also highly recommend my dear friend and holistic nutrition counselor Kirsten Hara for additional insight and tools for a balanced relationship with nourishment (see below).

By the way, get a jump and register for the Core and Hips workshops in LA January 24, 25. These are the only workshops I am teaching in LA until July, and attendance is limited.

Happy New Year!

Jill

EnLighten your Physical and Mental Load

Yoga has long been known to increase flexibility and reduce stress while uniting your body, mind, and spirit. But does all that "OM"-ing and bending have a significant impact on weight loss?

Losing weight is simple in theory, but much more challenging in practice. To lose weight, a person must burn more calories than they consume, in other words, eat less and exercise more. Practicing yoga certainly qualifies as the exercise component of this strategy, as yoga challenges the body’s muscles and connective tissues to consume energy in order to do the poses. Eating fewer calories can be accomplished by reducing simple sugars like candy, soda, chips and non-nutrient dense foods. While the math is clear on paper, once you begin your yoga practice with weight loss in mind, your mind can often turn to a thousand other distractions to pull you from your weight loss goal.

This is precisely where the other mental benefits of yoga step in to help with weight loss! Practicing yoga helps to increase your sensitivity to your inner signals such as hunger and cravings. There are physical components to both of these sensations, but true hunger and cravings do not nourish us. Yoga helps to slow you down mentally so that you can learn to distinguish between the urge to eat, and the emotional impulses that sometimes drive us to eat to quell our feelings. Yoga can help us to discern what we are truly hungry for, and knowing what makes us tick internally can help us to lose weight by making better food choices.

Because yoga also helps us to be totally present, we are eating, paying attention to the taste of food, and learning how to savor our bites instead of wolfing our food down unaware. Yoga teaches us to feel true satiation, instead of feeling stuffed.

On the physical level, yoga is a terrific calorie burning exercise that strengthens, tones, and lengthens every tissue of your body, waking up deep muscles that you never knew existed. By recruiting all of the body’s muscles and using them to move the body in dynamic and static stretches, yoga uses more of the body more intelligently than many other exercise modalities. Couple that with correct breathing, correct breathing,
proper posture, and relaxation techniques, and you have a system
that acknowledges your total health every time you practice. Stressed
out body’s are overloaded with cortisol, which packs on intra-
abdominal fat. The stress reducing properties of yoga help you relax
more effectively so that fat cannot accumulate.

The physical changes from yoga are evident immediately, your
muscles burn, you begin to sweat, you feel looser and relaxed for
hours afterwards. But it’s the mental transformation that really keeps
the weight off. A mind tuned in to the body's deeper thoughts and
feelings about itself, is a mind that is no longer willing to accept
extra weight, or excess mental baggage.

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Upcoming Teacher Trainings

WEST COAST

JANUARY 9-11 and 16-19
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox: Northern California (Palo Alto)
440 Portage Ave.
Palo Alto, CA 94306
Click here for information and the application

EAST COAST

MARCH 13-16 and 20-22
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox: NYC (Multiple Clubs)
Click here for information and the application

APRIL dates TBA
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox, Dallas

MAY dates TBA
Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)
Equinox, Los Angeles

JUNE 19-21
Yoga Tune Up® Teacher Training Level 2
Los Angeles

JULY 10-13
Yoga Tune Up® Teacher Training Level 2
Equinox, NYC

AUGUST 9-14
Core Integration Immersion - Abdominal Awakening Accelerated
A teachers and advanced practitioners intensive
Kripalu Center for Yoga and Health
Lexington, MA
(866) 200-5203
Click here for details and registration

Yoga Tune Up® Workshops

2009
Yoga Tune Up® : Hips
Jan 24, Sat 2:00-5:00PM
Liberation Yoga
124 South La Brea
Los Angeles, CA 90036
(323) 944-5222
Click here for details and registration

Core Integration: A Total Abdominal Awakening
Jan 25, Sun 12:30-3:30 PM
Rising Lotus Yoga Studio
13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 990-0282
Click here for details and registration

Costa Rica Retreat, Plan ahead!
Feb 7-14
Yoga Tune Up® Retreat
Sueno Azul, Costa Rica
(800) 944-1001
Click here for details and registration

Yoga Tune Up® Weekend
Feb 28, Mar 1
Yoga Tree-Valencia
1234 Valencia, CA 94110
(415) 647-9707
Click here for details and registration

Yoga Tune Up® Retreat
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