

Greetings Yogins,

I am loaded with happy announcements this month. It feels as though I have been preparing for February 2008 for a quite some time. First, I am happy to announce two teacher (and immersion) trainings that are slated for April! *Equinox* in LA is hosting my **Yoga Tune Up® Teacher Training** and *Lilla Yoga* in NYC is hosting **Core Integration**. Also, take a look at February's [Fit Yoga Magazine](#), & [click here](#) to view a great article featuring my core work. Oh, and there's one more BIG ANNOUNCEMENT, but that will be sent to your inbox on February 18! Stay tuned --

Blessings,
Jill



Self-Care, Stress Relief & the Rubber Ball Remedy

My mentor Glenn Black often says, "Yoga is not enough." He urges his students, "pamper your body with self-care, it is essential for everybody, especially yoga practitioners." We may think that

our yoga practice is taking care of us through stretching, strengthening, cleansing and relaxing our bodies, but sometimes, in spite of our best efforts, it still doesn't rid us of those old nagging aches and pains (or those new ones that inevitably creep up).

When practiced correctly Yoga can easily reshape our body's connective tissues, from the elastic-like wrappings of our fascia, to empowering our muscles, down to fortifying our ropey tendons. These changes happen slowly, over time with regular practice. But some areas of our bodies are reluctant to change (the neck, shoulders, hips - it's rare to meet someone who is 100% pain free), and one of the fastest ways to usher a shift in those tissues is to massage into the tension in these highly charged points.

Having trained in Shiatsu, Deep Tissue Massage and Bodytuning, I craved that same depth of relaxation outside of the massage classroom, and started experimenting with how to give myself that same pain relief. I wanted to reach those trigger points without having to find a massage therapist (or pay for one) every time a pain crept in or a muscle locked up. As I searched, I found myself testing furniture, PVC piping, foam rollers, lacrosse and tennis balls... just about anything to find the ideal self-care remedy that would tap into those critical nooks and crannies; the ones holding onto seemingly unreachable tension.

Then, one day, I found it -- it was PERFECT. A ball made of high bounce foam rubber. It's the ideal tool because the surface of the rubber has grip so it actually grabs hold of the skin, fascia, muscles and other connective tissues while penetrating to substantial depths well below the surface. The density of the rubber feels like the texture of a firm muscle, mimicking the sensation of a skilled masseuse rubbing into your flesh. Then with the right placement and movement patterns it creates the ideal self-care remedy for muscle tension and stress relief.

I began introducing rolling techniques using the balls with my private students and then finally brought them to my classrooms and workshops. I have been so inspired by using the balls that I have created several sequences called the *Tension Tune Down Series*. Volume 1, which is now available, is specifically for the Upper Back

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Yoga Tune Up® Ball Kit



Tension Tune Down Series: Upper Back and Neck

This 23 minute series provides a thorough deep tissue massage for the upperback and neck.

Using these special rubber balls, you will be guided through a powerful sequence of trigger points to release knots of built up stress.

An invaluable therapeutic tool to add to your practice.

[Kit includes: 2 Tune Up Balls, Upperback/Neck CD, and visual guide.](#)

EXTENDED DISCOUNT!



Special Savings

Yoga Tune Up® DVDs

20% off
all regularly priced DVD's!

Special package pricing too!

[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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and Neck. The response has been so profound and healing, it's gone way beyond my expectations. From postural improvements, new access to poses, to relief from day to day stresses, here's what a few people had to say after using them:

Thank you, thank you, THANK YOU for the Tune up balls. I used them last night. Twice. Amazing! Seriously. I always think, "How can I give myself a massage?" and BAM! You figured it out. I had so much relief after using them and it was a great way to relax before bed. -Dana L.

Your ball program is totally changing my whole posture. I have such an increased range of movement! -Dennis K.

I had a car accident 6 years ago and have not had this much mobility and pain relief since before the accident - this is truly amazing. -Dave D.

The balls seemed to hit me in spots I didn't even know were sore. When I finished the 20 minute workout and stood up, my posture was perfect! -Sandi S.

By the way, I really contemplated this article prior to writing it since it relates to one of my products. However, I have seen the results my students have had, and I am here for that very purpose - to share tools, strategies and techniques that help in your practice and your life. To not share how and why this works, I feel would be negligent. It is so critical for all of us to find a way to manage these aches, pains and stress related restrictions before they turn into more severe issues. So if you feel them they are there; speaking to you and asking for you to address them. Now whether you use the Yoga Tune Up® Balls or some other self-care remedy, it doesn't matter, just please find one that works well for you and use it.

Take Care!

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Yoga Tune Up® Workshops

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, 2 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](#)

Yoga Tune Up® & Core Integration Teacher Training

West Coast:
Yoga Tune Up®
Teacher Training
Module 1

APRIL 12, 13 & 19, 20, SAT &
SUN

Equinox Century City
10220 Constellation Blvd.
Century City, CA 90067

FOR INFO CALL:
Tandy Gutierrez @
(310) 552-0420
Or EMAIL: tandy.gutierrez@equinoxfitness.com



East Coast:
Core Integration
Teacher Training
Level 1

APRIL 25-27, FRI-SUN

Lila Yoga,
Dharma and Wellness
302 Bowery #2 (between Bleecker
& Houston)
New York, NY 10012
(212) 254-2130

[Click here for details & registration](#)

Weekly Classes w/Jill in Santa Monica



Yoga Tune Up®
MON, WED, FRI
12PM - 1PM

Equinox Fitness Club*
201 Santa Monica Blvd. Santa Monica,
CA 90401
(310) 593.8888

*Membership Required.
[Club Details](#)

Yoga Tune Up® Teacher Training Module 1
APRIL 12,13 & 19,20, SAT & SUN
Equinox Century City
10220 Constellation Blvd.
Century City, CA 90067
For Info call [Tandy Gutierrez](mailto:Tandy.Gutierrez@equinoxfitness.com) @ (310) 552-0420
Or email: tandy.gutierrez@equinoxfitness.com

EAST COAST

Yoga Tune Up® - Hip Helpers
APRIL 23, WED, 6:30 PM - 9 PM
hOMe yoga experience
370 Franklin Turnpike
Mahwah, NJ 07430
(201) 252-2575
[Click here for details & registration](#)

Yoga Tune Up®- Backbend Booster
APRIL 24, THURS, 5:45 PM - 7:45 PM
Lila Yoga, Dharma and Wellness
302 Bowery #2 (between Bleecker & Houston)
New York, NY 10012
(212) 254-2130
[Click here for details & registration](#)

Core Integration Teacher Training Level 1
APRIL 25-27, FRI-SUN
Lila Yoga, Dharma and Wellness
302 Bowery #2 (between Bleecker & Houston)
New York, NY 10012
(212) 254-2130
[Click here for details & registration](#)

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