

Greetings Yogins!

I hope that you are staying warm and dry wherever this may find you. It's the "rainy" season here in LA, and some of us call it winter. It means our dogs are stuck inside and commuting times triple. My next "commute" is to San Francisco where I will be teaching a [Yoga Tune Up® Weekend at Yoga Tree](#), Valencia. After that it is NYC for a [YTU Teacher Training](#), and a mid-week retreat at [West Hartford Yoga](#) in CT.

Join me in **Dallas** for an April Yoga Tune Up® **Level 1 Teacher Training**. My Dads' family is originally from there, and I am thrilled to bring a big Yoga YEEHAW to my family deep in the heart of Texas.

New Yoga Tune Up® classes have sprouted in New York at [Equinox](#). Check out the bottom of the newsletter for more details!

This month's article discusses the pros and cons of flexibility, and a style of stretching that helps both the hyper-mobile and the super-tight student.

Blessings,
Jill

In This Issue

1. When Flexibility is a Liability
2. New Teacher Trainings
3. Yoga Tune Up® Workshops
4. Jill's New Gaiam Blog
5. Summer Retreats

WE ARE PROUD TO INTRODUCE YOU TO NEWLY CERTIFIED YOGA TUNE UP® TEACHERS contact them directly for class information and Private Sessions.

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When Flexibility is a Liability



When most people look at this photo of me in **Samakonasana** (lateral splits) they exclaim, "Wow, you are really flexible!" followed by, "Were you always this flexible?" There are two answers to that question, **NO**, and **YES**.

NO:

Let me explain. When I first started practicing yoga around age 12, I could not touch my toes, nor had even a remote possibility of doing "the splits." So no, I was not always that flexible because my muscles and connective tissues at that time were tight and weak. I was a bookworm, did my homework like a good girl, and for recreation, I was like many sedentary American children and watched a lot of TV. But that all changed one day when my mom brought home the *Jane Fonda Workout* and the *Raquel Welch Yoga* videos. They became my new obsession and launched me into my body for the first time. Those first few months were brutal, I was out of shape and **SORE** after every practice!

YES:

My persistence paid off, the combination of dedicated daily practice of the strengthening I did with Jane, and the stretching I did with Raquel eventually carved out the native physique buried beneath my pre-adolescent tension. I was actually really flexible, as my connective tissues loosened, it exposed massive range of motion and a cat-like agility due to the fluid movement in my joints.

FLEXIBILITY/ LIABILITY:

This flexibility may look great in pictures, but it comes with its share of difficulties. As I practiced more and eliminated the tension, I actually also lost the ability to feel where I was inside my own body, almost like I was slippery on the inside, unable to feel my positions when I was in yoga class or dancing. I had dropped all the strengthening work (bye, bye, Jane) in favor of a pure yoga life, and all that stretching and overstretching left me totally hypermobile and my joints had no strong muscles to hold them in place correctly. I was like a jellyfish on the inside, and while I "looked great" in poses, I was an accident waiting to happen.

Hypermobile people are often masking gross imbalances in their joints and movement patterns. This is due in large part because they are not getting a lot of feedback in the form of tension from their end range of motion. Our bodies are loaded with proprioceptors, which are nerve endings that serve as our own inner GPS system, telling us where we are within our own skins. They are especially prevalent in and near our joints. Unstable joints will not provide a concrete map to that inner GPS.

But before the proprioceptors within the joints even start to fire, another set of sensory nerves within the muscle itself called muscle spindles will shoot off information to prevent a muscle from stretching too far. Highly mobile people sometimes have difficulty actually perceiving stretch because their muscle spindles are too stretched out to send prompt messages to the nervous system.

In truth, TENSION, is not all that bad, when a muscle tightens or restricts, it's trying to protect a joint from going too far. But when soft tissues such as muscles, ligaments and tendons are really loose and overstretched, the feedback loop is compromised. So you might *look* good in a yoga pose, but what about the health of the joints and tissues?

PNF RESCUE: A STRETCHING STYLE THAT HELPS

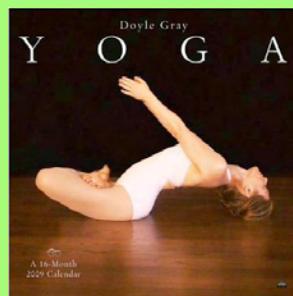
There is a wonderful technique called PNF or proprioceptive neuromuscular facilitation that can help super flexible people to gain information about their inner location AND build more strength to boot. The technique is great for tighter students too, as it helps to increase joint mobility in inflexible students while giving flexible students the ability to feel their internal architecture.

It is very simple, to add a PNF component to a stretch, you actually try to contract the very muscle that you are stretching during the stretch (which also helps to strengthen it). For example, in the pose above, Samakonasana, the inner thighs are being contracted while they are being stretched, this will prevent the hypermobile student from just flopping to the floor unconsciously, because you will be experiencing the tension in the inner thighs, and so you must proceed much more slowly into the pose. This action signals the proprioceptors called the golgi tendon organs located in the muscle's

SPRING CLEARANCE SALE!
Save \$5 while supplies last!

2009 Yoga Calendar

Featuring
Jill Miller



Jill is featured on the cover as well as 4 other months of this stunning [2009 calendar](#) by celebrated photographer, Doyle Gray.

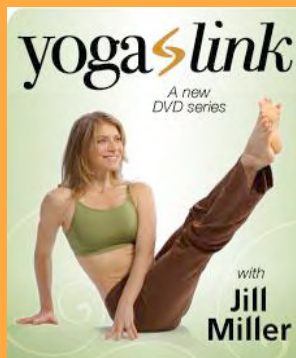
Available at REI stores nationwide.

Watch Jill's Interview on
YOGA TV!



[Click here to watch Jill at the FitYoga Conference](#)

THE RAVE REVIEWS ARE IN!



tendons to relax, resulting in a wonderful stretch that was derived from a contraction! The end result is still the same, Samakonasana will "look marvelous" but the practitioner will actually be able to feel the joints lining up correctly instead of askew. And the super tight student will also be able to, at last, deepen the stretch instead of trying to force the legs apart, as the PNF will take the stretch one phase deeper!

Intuitively I guess my body *knew* that I needed both Jane and Raquel for overall health and balance. Over time, this is why I developed Yoga Tune Up®, it consciously addresses the vital integration between suppleness and stability in any body type. STRENGTH and STRETCH are the natural experiences of any muscle. But for those of us whose flexibility is off the chart, we need to take extra care to draw upon them both at the same time to insure that our practice will last a lifetime.

© Jill Miller 2009

Upcoming Teacher Trainings

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 19-26

Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)

Equinox, Dallas

[Click here for information and the application](#)

MAY 21-24 and MAY 29-31

Yoga Tune Up® - Teacher Training Level 1 Certification
(40 hours)

Equinox, Los Angeles

[Click here for information and the application](#)

JUNE 19-21

Yoga Tune Up® Teacher Training Level 2

Los Angeles

info@yogatuneup.com

JULY 11-13

Yoga Tune Up® Teacher Training Level 2

Equinox, NYC

info@yogatuneup.com

July 31- AUG 2

Liberation Yoga Teacher Training (I teach the anatomy module)

124 South La Brea

Los Angeles, CA 90036

(323) 964-5222

[Click here for details and registration](#)

AUGUST 9-14

Core Integration Immersion - Abdominal Awakening Accelerated

A teachers and advanced practitioners intensive

Kripalu Center for Yoga and Health

Lenox, MA

(866) 200-5203

[click here for details and registration](#)

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](#)

now available as a paperless download through [iamplify.com](#)

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.](#)

At Border's and Target:

Jill's [Gaiam DVD:](#)

[Yoga for Weight Loss](#)

[Workout Kit](#)



NOVEMBER 24 - 27

[Vibrant Living Yoga Teacher Training](#)

Jill will be teaching a Module within this 500 hour Teacher Training in Bali Nov 18 - Dec 2
Ubud, Bali

Yoga Tune Up® Workshops

2009

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® Mid-Week Retreat

March 18
1-4 PM - Hip Helpers for Classic Poses
6 - 8 PM Breathe In: Bliss Out
32 Jansen Court
West Hartford, CT 06110
(860) 953-9642

[Click here for details and registration](#)

Yoga Tune Up® Backbend Booster

June 7, 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](#)

Yoga Tune Up® Retreat

July 5-10
Omega Institute
Rhinebeck, NY
(800) 944-1001

[Click here for details and registration](#)

The Core of Yoga - A Total Abdominal Awakening

August 7 - 9
An all levels retreat
Kripalu Center for Yoga and Health
Lenox, MA
(866) 200-5203

[Click here for details and registration](#)

How has Yoga Tune Up® Helped You?

TESTIMONIAL REQUEST

Please let us now how Yoga Tune Up® has helped you or your students. Email us: karrie@yogatuneup.com

We look forward to hearing from you!

BLOG TIME



I am now an official "Contributing Expert" at Gaiam.com. Visit Bi-weekly for my latest articles and updates on topics ranging from pose tectonics, monkey mind management, and classroom reports.

[Jill's new Blog](#)

Plan Ahead for Summer Retreats



Yoga Tune Up® Retreat:
[Omega](#)

Available at Border's and Target stores worldwide and through [Gaiam's website](#). Shot in the lush rainforests of Kauai, 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.

The poses cover the whole body, targeting hips, shoulders, spine & core. As with all of my titles, you are instructed to breathe properly and to hone your awareness skills.

[A great gift for a New Year!](#)

Join Our Mailing List!

Weekly Yoga Tune Up® Classes at Equinox Fitness Clubs*



Santa Monica

MON, WED, FRI
12PM - 1PM
Instructor: Jill Miller

Woodland Hills

TUES.
10:15-11:15
Instructor: Tiffany Chambers-Goldberg

THURS.

10:15-11:15
Instructor: Jill Miller

Westwood

MON, WED
5:30-6:45PM
Instructor: Maura Barclay

Century City

TUES
1:00-2:00pm
Instructor: Patty Wortham

SAT

11:00-12:15
Instructor: Maura Barclay

South Bay

FRI
9:00-10:15AM
Instructor: Suzy Nece

Palos Verdes

WED
5:30-6:45PM
Instructor: Suzy Nece

NYC, NY

74th @ 2nd Ave.
TUES/THURS
8:30-9:30AM



July 5-10
800.944.1001

Core of Yoga Weekend:

[Kripalu](#)

August 7-9
866.200.5203

Core Integration Immersion: Abdominal
Awakening Accelerated

[Kripalu](#)

August 9-14
866.200.5203

Instructor: **Loi Kail**

Mamaroneck, NY

SAT

9:00-10:30AM

Instructor: **Barbara Sroka**

*Membership Required.

[Club Details](#)

TEACHER'S CORNER

Would you like to sell Yoga Tune Up® Ball Kits to your students?

BULK PRICING is available!

Email: karrie@yogatuneup.com for more info.