

Greetings Yogins!

Spring is in full force, unleashing indescribable beauty across the US. Spring awakens in our own bodies as well, releasing torrents of energy ("spring fever" anyone?) This is a perfect time to harness this natural growth, and take your practice to the next level.

I am excited to debut some new workshops this summer at cities across the US. My new favorite is *Breathe In: Bliss Out: Yoga Nidra* (conscious relaxation and yogic sleep). Yogic sleep helps us to enter a deep phase of relaxation and aids in clearing mental and emotional obstacles. In order to fully "awaken" one must also deeply "sleep." Sign up now, these courses have been selling out.

I will also be leading two retreats out east this summer, *Yoga Tune Up®* at Omega in New York, and *Core Integration* at Kripalu in Massachusetts. Book your spaces now.

Blessings,
Jill

Accessing the Subconscious for a Deeper Practice



Have you ever had a spell where you did not feel like yourself? A time when for days or weeks something is nagging at you from within, but you just can't name it or figure out why you're at a psychological distance from your heart?

Last weekend I was visiting my hometown of Santa Fe, New Mexico and during my usual out of town practice, I noticed my flexibility was severely diminished. It was off by a good 15 - 20%, which is very unusual for me while traveling, as I know lots of tricks to keep my practice blooming on the road. This was a tell tale sign that something much deeper was stirring within. Was I overwhelmed? Was I sad? Was I stressed? I had expertly planned out practically every minute of the vacation (hardly relaxing!) but I wanted to fit EVERYTHING in and show my fiancé my childhood home. As I contemplated this during my practice and throughout the weekend, nothing specific came up. Although I knew I was filled with some mysterious emotional tension that lay buried in my mind.

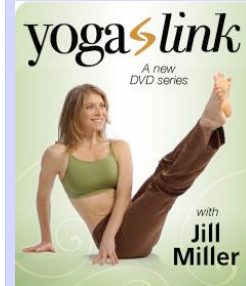
At the end of the weekend, while driving towards the Albuquerque airport, I saw dozens of hot air balloons floating in the early morning sky. I explained to my fiancé that these ascensions were very common here, as this was the balloon capital of the world. I reminisced how as a young girl my parents would drive down to Albuquerque at the crack of dawn during the annual balloon fiesta to watch these awesome works of art rise in the morning mist. As I was talking, tears sprang to my eyes when a lost girlhood memory exploded from my subconscious mind. I recalled being carried to the car, awakened from a deep sleep by the sounds of my parents' usual fighting - and then I remembered walking around the balloon fields groggy but elated hearing the roar of the fires filling those billowing fabrics. I remembered crying at the awesome spectacle as balloon after balloon floated away, no longer tethered to the ground. And away they went, free to fly.

Apparently, what I had needed all along was a really good cry to shift and release my stagnant energy and bond with my heart again. The balloons were the catalyst between my blocked emotions and the limitations I felt on my yoga mat. I spent the weekend unconsciously constricted while I showed my fiancé the world of my childhood. It wasn't until the balloons tapped into my subconscious and flushed out the emotions behind that constriction that I could get back to, and

In This Issue

1. Accessing the Subconscious
2. Yoga Tune Up® Workshops
3. Teacher Training
4. Summer Retreats

THE RAVE REVIEWS ARE IN!



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](#)

Summer Retreats

Yoga Tune Up®
& Core Integration



East Coast:

Yoga Tune Up® -
Efficiency in Asana
JUNE 15 - 20

Omega Institute
for Holistic Studies
Rhinebeck, NY
(800) 944-1001
[Click here for details & registration](#)

expand upon, my practice. Allowing my grief to express itself had cleansed out my inner tension, and when I practiced yoga later that day I played with some of the loosest forward bends and backbends I've ever had.

Emotion can be a wonderful portal to access your spirit and go deeper into your practice. You can consciously activate this emotional release by stimulating yourself with art, music, photos from your past, or visiting a good therapist. You can also practice on your yoga mat by visualizing a person, place, or thing that you revere, and allow that reverence to inform your current state of mind. Whether on the mat or not, as an emotion makes itself known to you, rather than suppress it, embrace it; be it laughter, tears, or rage. The energy of the emotion is pure and its outpouring indicates that it has been sitting dormant, waiting like an animal in a cage for the latch to be lifted so that it can flee into the wild.

The cool thing about clearing out your subconscious mind is that it inevitably improves your level of self-acceptance, which helps your physical body to relax and release your true spirit. My inner tension was so relieved by that cry that my flexibility exceeded my usual range of motion. And to that I say, more balloons please!

© Jill Miller Yoga 2008

Yoga Tune Up® Workshops

JUNE

Yoga Tune Up® - Shoulder Shakti

JUNE 7, SAT, 2 PM - 5 PM

Yoga House

11 State St.

Pasadena, CA

(626) 403-3961

[Click here for details & registration](#)

Breathe in: Bliss Out

Core Integration

Hip Helpers for Classic Poses

JUNE 14 - 15

Fresh Yoga

319 Peck St.

New Haven, CT 06513

(203) 464-3387

[Click here for details & registration](#)

Yoga Tune Up® - Efficiency in Asana

JUNE 15 - 20

Omega Institute for Holistic Studies

Rhinebeck, NY

(800) 944-1001

[Click here for details & registration](#)

Yoga Tune Up® - Shoulders

JUNE 21, SAT, 1 PM - 3:30 PM

Yoga Works

138 Fifth Avenue (4th Floor, at 19th St)

New York, NY 10011

(212) 647-9642

[Click here for details & registration](#)

JULY

Breathe In: Bliss Out

JULY 25 7 PM - 9 PM

Core Integration- A Total Abdominal Awakening

JULY 26 1:30pm- 4:30 PM

Namaste Yoga in Rockridge

5416 College Ave.

Oakland, CA 94618

(510)547-YOGA

[Click here for details & registration](#)

AUGUST

Breathe In: Bliss Out

AUG 23, SAT, 1 PM - 3 PM

Yoga Works

1835 Newport Blvd Ste. A208

Costa Mesa, CA 92627

(949) 642-7400

[Click here for details and registration](#)

The Core of Yoga- Core Integration Weekend

AUG 29 - SEPT 1

Kripalu Center for Yoga and Health

Stockbridge, MA 01262

[Click here for details and registration](#)

OCTOBER

Yoga Tune Up® - Backbend Booster

OCT 11, SAT, 1 PM - 3:30 PM

Yoga Works

1835 Newport Blvd Ste. A208

Costa Mesa, CA 92627

(949) 642-7400

[Click here for details and registration](#)

The Core of Yoga-
Core Integration
Weekend
August 29-September 1

Kripalu Center
for Yoga and Health
Stockbridge, MA 01262
[Click here for details and
registration](#)

Join Our Mailing List!

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.

TEACHER'S CORNER

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

BULK PRICING is available!

Email: info@jillmilleryoga.com for more info.

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](#)

Teacher Training

AUGUST 1 - SEPTEMBER 14

Liberation Yoga Teacher Training

This is a Yoga Alliance certified 200 hour Teacher Training. The core of teachers include the awesome Christine Burke, Steven Espinoza, William Duprey, and myself. *I will be teaching the anatomy portion August 8, 9, 10.*

[More info & download the flyer](#)

Liberation Yoga
124 S. La Brea Ave
Los Angeles, CA
(323) 964-5222

[Forward email](#)

✉ [SafeUnsubscribe](#)®

This email was sent to max@grrhss.com, by jill@jillmilleryoga.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



Jill Miller Yoga | 1112 Montana Ave. # 164 | Santa Monica | CA | 90403