



Fitness Therapy for Everyday Living™

YTU Newsletter - June 2009

Greetings Yogins!

Thank you so much for visiting our new Yogatuneup.com website. It is growing by the day, and we already have a new [homepage!](#) We value your input so please let us know what you think. And by the way, please be sure to register so you can get your [FREE 5 minute Quickfix Video!](#) The site is loaded with treats and surprises and we have put a lot of work into making an online home for all things Yoga Tune Up®.

[Omega](#) and [Kripalu](#), here I come!

I will be heading to the east coast for my annual retreats in the beautiful Hudson River Valley and the Berkshires. Retreats are designed for students at every level of practice. And for the first time ever, I will be teaching my [Core Integration Immersion](#) at Kripalu, this 5-day module is the only part of my Teacher Training curriculum open to non-teachers.

Yoga Tune Up® Teacher Trainings in [Palo Alto and Boston](#) are filling up. Reserve your space now! Last month's training in Los Angeles was completely sold out. These trainings are kept intimate, so that each trainee is supported fully in their journey.

Yoga Tune Up® classes are springing up all over the US, and in LONDON! Join one of the many YTU classes happening in your area. Go [here](#) to search for a class near you!

And please check out the June issue of **Yoga Journal** for Richard Rosen's GREAT REVIEW of [Yoga Link - Shoulder Shape Up](#).

Blessings,
Jill

PS. Follow me on [Twitter!](#) Join our [FAN PAGE](#) on Facebook!

The SECRETS of Yogic BEAUTY SLEEP

What Kind of Sleeper are You?

In This Issue

- 1. The Secrets of Yogic Beauty Sleep**
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Meet Suzanne Ausnit
[Yoga Tune Up®](#)
Teacher of the Month



Suzanne is part of the east coast Yoga Tune Up® team. She has a full schedule of classes, workshops and privates in and around Hoboken NJ.

She has assisted Jill numerous times, at both Kriplau and the Level1 training in NYC.

Her teaching incorporates techniques from a wide variety of somatic disciplines, including physical therapy, Pilates and body/mind centering. She specializes in working with injuries - back pain, neck/shoulder



For much of my life, I woke up from a night of sleep in a pool of drool - I was a belly sleeper and a mouth breather and a pre-adolescent snorer. It wasn't until I began practicing Yoga as a pre-teen that I became aware that my sleeping habits were unhealthy (and gooeey!). Yoga helped me to establish a new perfect sleep posture so that I slept more soundly, and soundlessly, through the night.

The human body can fall asleep in almost any imaginable position. Just look around at your fellow passengers while on a long flight - as I write this article, the young woman sitting next to me on my trip to NY has been out cold with her face splat down on the tray table!

The **ERGONOMICS** of your sleeping posture is **CRITICAL**. It can create a skeletal alignment that is conducive to deeper sleep and optimize an easy flow of breath through the nose OR it can completely tweak your alignment and congest your breathing (whereby snoring and restless nights are likely to ensue).

SLEEP POSTURES THAT HURT:

1) **Belly Sleepers:** If your body is currently choosing to sleep on your tummy, your face must turn to one side or the other in order to breathe. This places torque on the neck, and a lot of pressure on the delicate nerves running from the skull through the upper spine. Belly sleepers can often wake up in a pile of spittle and have spastic neck muscles.

2) **Flat Back Sleepers:** Low back pain is the most common complaint with this posture, caused by the rigid holding of the limbs in this "corpse-like" shape. When the body lays for hours on end with the knees and hips "locked open," the weight of the legs can actually pull the lower back bones and muscles out of alignment and put undue stress on the lower back vertebrae and discs.

3) **Side Sleepers:** Even though this is the safest choice out of the three for the back muscles and bones, the weight of the body collapsing the shoulders up and in towards the neck can be very painful and cause spasm in the upper back, shoulder, and neck muscles.

SO WHAT'S A SLEEPER TO DO?

BEAUTY SLEEP REVEALED - By modifying the Side Sleeper position with a few simple household props, you can create a brand new supported side sleeping posture that prevents neck compression and provides ideal symmetry throughout the night for all of the joints in the body. Please see photo above.

Your 3-Step Sleeping System for Proper Support:

#1. Roll up a beach towel (or use a buckwheat hull cylindrical pillow) so that it is about one foot long and 8 - 9 inches in diameter, and place it on front of your favorite pillow. This will keep the cervical bones from collapsing and bending to the side, giving them support and keeping the neck long throughout the night.

#2. Place two other pillows on either side for your arms to embrace as a "hug pillow." This will keep the shoulder joints spacious throughout the night and prevent the weight of the arm bone from compressing the precious brachial nerves that stream underneath the collar bones.

#3. Lastly, place a light blanket or towel between your knees and attempt to keep it in place throughout the night as you toss from side to side. This will keep the hips spaced apart enough to prevent the lower back or hips from becoming overstretched or over-shortened and kinked. It also prevents bone bruising between the knees.

complications, sciatica & breathing issues.

Her infectious humor and brilliant sequencing keep her students coming back for the community and care she brings to the room.

Learn more about Suzanne from her website:

www.fullpotentialyoga.com

Search [HERE](#) for Suzanne's classes, workshops and retreats.

Meet our other Yoga Tune Up® Certified Teachers [HERE](#).

SLEEP BETTER

w/Targeted Trigger Point Self Massage Therapy!



Yoga Tune Up's Get Down and Roll™ Therapy Ball Program

One of the most effective and least expensive "Self Massage" tools available.

- Loosen Locked Muscles
- Relieve Tension
- Increase Circulation

Five different series provide a deep tissue massage!

Relieve Aches & Pains:

- Upper Back & Neck
- Rotator Cuff
- Lower Back
- Hips & Buttocks
- Lower Legs & Feet

An invaluable therapeutic tool to add to your practice.

Kit includes: 2 Tune Up Balls, massage tote, Audio CD, and visual guide.

[Click HERE for more info and to watch a preview VIDEO!](#)

**Jill's New Yoga Tune Up® Class
in "the Valley"**

It may seem like a lot of extra "stuff" in bed, and you may have to practice for a few weeks until your body adapts to holding the hug pillow and hanging onto your knee blanket, but the sound sleep you experience is worth the inconvenience of a crowded bed.

For deeply relaxing "yogic sleep" you might also try listening my new [Guided Relaxation Meditation CD](#). A quick "roll out" with the [Therapy Balls](#) and the Yoga Nidra stylings of this CD program is sure to help you drift into bliss. To get you started, try this Yoga Tune Up® breathing technique, the "Nudge" breath:

- 1) Begin by watching how your body is naturally breathing, watching the behavior of your breath
- 2) Once you feel that the breath is "happening" and you are not controlling or manipulating it, then add an additional exhale after the body has finished its automatic exhale. This extra exhale is a little nudge, not aggressive at all.
- 3) After the nudge, watch for the natural inhale and exhale, then add the gentle "nudge" again.
- 4) Repeat until you drift off into slumber...
- 5) Have Sweet Dreams!

P.S. - [Tell a Friend](#) (especially that loved one next to you!)

Yoga Tune Up® at INNER IDEA

Join us in Palm Springs!



Inner IDEA®

I am thrilled to announce that I have been asked to present 3 workshops at the world's most impressive array of holistic fitness teachers...all gathered together at the La Quinta Resort in Palm Springs, California.

[4th Annual Inner IDEA® Conference](#)
The World's Leading Mind, Body and Spirit Wellness Event

Palm Springs, CA - September 10-13, 2009

[Download the remarkable brochure here!](#)

Upcoming Teacher Trainings

Increase your Student Base: [Train to Teach Yoga Tune Up®](#)

Yoga Tune Up® - Level 1 Certification (40 hours)
- AUGUST 27 - 30 and SEPTEMBER 4 - 6, Palo Alto, CA
- OCTOBER 2 - 5 and 9 - 11, Boston, MA

Yoga Tune Up® Teacher Training Level 2 (20 hours)
- JUNE 19 - 21, Los Angeles, CA
- JULY 11 - 13, NYC, NY

Liberation Yoga Teacher Training (Anatomy Module)
- July 31 - AUG 2
[Liberation Yoga](#), Los Angeles

Core Integration Immersion: Abdominal Awakening Accelerated (A teachers and advanced practitioners intensive)
- AUGUST 9 - 14, [Kripalu Center for Yoga](#), Lenox, MA
- SEPTEMBER 17 - 20, [Equinox](#), Los Angeles, CA

Vibrant Living Yoga Teacher Training - Ubud, Bali
Jill will be teaching a Module within this 500 hour Teacher Training in Bali,
NOVEMBER 24 - 27 (Full Dates: Nov 18 - Dec 2)

Yoga Tune Up® Workshops

rising lotus yoga

Wednesdays 6:30 - 8:00pm
[Rising Lotus Yoga Studio](#)
13357 Ventura Blvd.
Sherman Oaks, CA 91423
818-990-0282

- All Levels are welcome!

Let it become your indulgent mid-week retreat!

TEACHER'S CORNER

Would you like to provide the healing benefits of the Yoga Tune Up® Therapy Balls to your students?

BULK PRICING is available!

Email: karrie@yogaturneup.com for more info.

YOGA LINK DVD Series

THE RAVE REVIEWS ARE IN!
Has Yoga Link helped you? Please submit your personal reviews at [AMAZON.COM](#) and at [Pranamaya.com](#).



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: Hjo Helbers](#)

THIS WEEKEND!

Yoga Tune Up® Backbend Booster

June 7, Sun 12:30-3:30 PM

[Rising Lotus Yoga Studio](#), (818) 990-0282

NEXT MONTH and beyond...

Yoga Tune Up® Retreat

July 5-10

[Omega Institute](#), Rhinebeck, NY (800) 944-1001

Core Integration - A Total Abdominal Awakening

July 25 Sat, 2 PM - 5 PM

[Yoga Works](#), Center for Yoga Los Angeles (323) 464-1276

The Core of Yoga - A Total Abdominal Awakening

August 7 - 9

An all levels retreat, Lenox, MA

[Kripalu Center](#) for Yoga and Health, (866) 200-5203

Inner Idea Conference

September 10-13

Palm Springs, CA

[Click here for details and registration](#)

Yoga Tune Up® Shoulders, Hips & Heels, 1-4pm

Breathe In Bliss Out, 6-8pm

October 7

[Fresh Yoga](#), New Haven, CT (203) 776-9642

Ojai Yoga Crib

October 23-25

[Click here for details and registration](#)

Summer Retreats

Plan Ahead!



Yoga Tune Up® Retreat: July 5-10

Omega, 800.944.1001

Core of Yoga Weekend: August 7-9

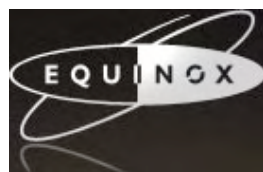
Kripalu, 866.200.5203

Core Integration Immersion: Abdominal

Awakening Accelerated, August 9-14

Kripalu, 866.200.5203

EQUINOX FITNESS CLUBS and Yoga Tune Up®



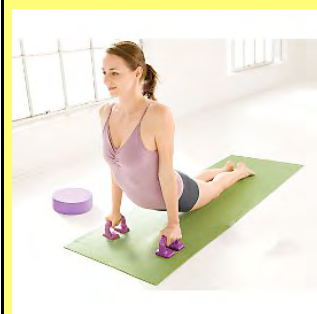
EQUINOX FITNESS CLUBS has chosen Yoga Tune Up® as a highlight in their "[Conscious Movement](#)" group fitness classes. We are thrilled and honored to be working with them to bring you the best trained teachers at clubs across the USA.

[Look for a class](#) at a club near you!

[Yoga Link: Shoulder Shape-Up](#)

DOWNLOADABLE through
[iampify.com](#)

YOGA for WEIGHT LOSS DVD Workout Kit from GAIAM



Work with me as I take you through your whole body, targeting your hips, shoulders, spine & core.

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. Shot in the lush rainforests of Kauai.

Available at Border's and Target stores worldwide and through [Gaiam's website](#).

Blog Time



Jill's Gaiam Blog

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.

Yoga Tune Up® Friends

We recommend you click on over to Linda LaRue's

["Make Healthy A Lifestyle"](#)

This great E-zine offers you vital, transformational Health and Fitness Tools to help you begin your

journey for a more beautiful,
healthy new you--inside and out.

Visit www.yogatuneup.com for your FREE 5 minute Online [Micro-Region Video](#)

And STAY TUNED for more information about the Upcoming [Yoga Tune Up® At Home Program!](#)