

Greetings Yogins!

I hope you have been having a spectacular summer. I have been very busy planning out a fall schedule that includes **the official 40 hour Level 1 Yoga Tune Up® Teacher Training hosted by Equinox in NYC and Los Angeles!** Equinox has been hugely supportive in helping me to grow my work, and now they want to share it nationally. If you have a 200 hour Yoga Teacher Certification under your belt (or the equivalent) and are eager to share Yoga Tune Up® with your students, you are eligible for this life-changing training.

I am also looking forward to traveling to **Oakland this weekend for workshops**, and celebrating **Labor Day Weekend at Kripalu leading a Core Integration Retreat.**

See you on the mat!  
Jill

## TRAINING THE TEACHER

I began teaching yoga at age 20. My Yoga mentor Glenn told me to just get out there and teach. So I convinced the Chicago park district that I was a yoga teacher and they set me up with a weekly class in a community center in a park on the northside of town. Boy was I ever unprepared for those students. I had 6 students of varying age levels and no yoga experience at all. **TOTAL BEGINNERS.** Luckily I had had a lot of acting training, so while I may



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Jill's Playlist  
on OMSTREAM



[Click here to listen to Jill's music selections for yoga and meditation](#)

Watch Jill's Interview on  
YOGA TV!



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

not have always known exactly what I was teaching, I sure ACTED like I knew it. All in all, I got rave reviews from the students, and no complaints to my manager, but I never wanted to be so unprepared again. The greatest thing I learned while teaching that semester was that there was a lot I did *not know*, and that I needed to gather those missing pieces before I ever taught again.

So I continued to study yoga and bodywork. Sivananda, Iyengar, Ashtanga, Forrest, and Kundalini. I practiced every day either with a teacher or alone. I researched teacher trainings too, and that's why in 1995 I left Chicago and moved to the Yoga Hub of the World - Santa Monica, California! In Santa Monica, I would be one of thousands of yoga students trotting my yoga mat to classes with such teachers as Erich Schiffman, Seane Corn, Saul David Raye, Ana Forrest, Brian Kest, and Shiva Rea. It was a yoga junkie's dream to be able to study with with so many fantastic teachers and a blooming community. I ultimately settled into Ana Forrest's teacher training to secure my credential and then began to teach, constantly. Subsequently I have completed 9 more years of advanced trainings with Glenn and continue to further my anatomy studies.

Teaching is profoundly rewarding. It is beyond the scope of my words to convey the deep gratification I get knowing that I have helped a student to awaken a joint, or find peace in their body. I receive calls, letters, and emails telling me phenomenal stories of healing and transformation. The students and teachers who work with me are a true blessing.

My own voice ultimately emerged as Yoga Tune Up®, a technique that incorporates the nuts and bolts of human movement, body therapy, proper breathing techniques, and conscious awareness as fundamentals of the work. Asana is great, but if you are in pain because your body is afflicted with structural imbalances, you will not enjoy yoga or experience the 'Yoga Magic' that all techniques promise. Yoga Tune Up® acts as a support system for your health and well being, safely preparing the body's tissues for any style of yoga or fitness endeavor. And after years of teaching to thousands of students around the globe, I am now certifying others to teach Yoga Tune Up®! Dozens of you have already joined me in the Core Integration Module, and some of you participated in the shorter Yoga Tune Up® Teacher Training last April in Century City.

How do I know that Yoga Tune Up® works? Well, for one I have gratefully heard from many of you about your successes on and off the mat:

Rita Treiger, the editor of Fit Yoga Magazine and a yoga instructor says "I find that my cancer patients really like when I teach your techniques."

Dr. Eden Fromberg owner of Lila Yoga and Wellness says "Studying with Jill is a deep and transformative experience. You will feel your body change and open in multiple new directions. She calls her work yoga "tune up" but it is more like a jump start! Being able to integrate this material into your teaching is the icing on the cake."

Yoga Tune Up® Trainees from April's preliminary training have said:

"I felt I could immediately begin using Jill's techniques with my clients." S.A. Personal Trainer, Los Angeles, CA

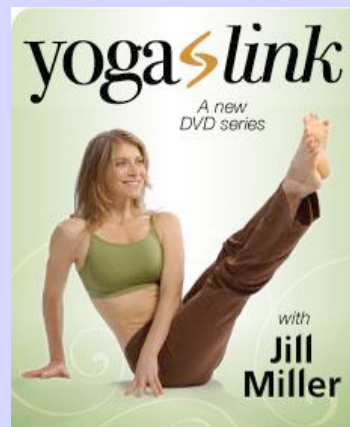
## LABOR DAY WEEKEND Retreat Core Integration



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](#)

### THE RAVE REVIEWS ARE IN!



Click on the links below to read what reviewers are saying:

[Yoga Link: Core Integration](#)

[Yoga Link: Hip Helpers](#)

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

"I was looking for a refreshing way to 'spice up' my teaching and I found it!" M.C. Pilates/Yoga Instructor, Newport Beach, CA

"Your teacher training has affected my practice and my teaching in amazing ways. Instead of learning to mimic a teacher or method, you provided a foundation from which I can grow and develop my practice as well as my teaching."

- Dr. Frosco, Yoga Instructor, New Haven, CT

As the Yoga Tune Up® Teaching community grows, I am thrilled to bring so many of your voices forward to share and spread your gifts.

Please come immerse yourself with us this fall and expand your teaching practice.

© Jill Miller Yoga 2008

## Upcoming Teacher Trainings

### WEST COAST

AUGUST 1 - SEPTEMBER 14 - **SOLD OUT!**

#### 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.*

#### Liberation Yoga

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

[Click here for more info & download the flyer](#)

OCTOBER 20 - 26

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

Equinox: Los Angeles (Woodland Hills)  
21530 Oxnard Street  
Woodland Hills, CA 91367  
(818) 887-6450

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

### EAST COAST

NOVEMBER 1-7

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

Equinox: NYC (Multiple Clubs)

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

## Yoga Tune Up® Workshops

### 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](#)

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](mailto:info@jillmilleryoga.com) for  
more info.

## Weekly Classes w/Jill in Santa Monica



Yoga Tune Up®  
MON, WED, FRI

## 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® - Hips**

OCT 5, SUN, 12:30 PM - 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® - 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](#)

### **Weekend Retreat**

*FRIDAY* - Breathe In, Bliss Out - Yoga Nidra

*SATURDAY* - Yoga Tune Up® - Hips

*SUNDAY* - Yoga Tune Up® - Backbend Booster

OCTOBER 17-19

#### **Yoga Source Los Gatos**

15545C Los Gatos Blvd

Los Gatos, CA 95032

(408) 402-YOGA

[Click here for details and registration](#)

12PM - 1PM

### **Equinox Fitness Club\***

201 Santa Monica Blvd. Santa Monica,

CA 90401

(310) 593.8888

\*Membership Required.

[Club Details](#)

## **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: [info@jillmilleryoga.com](mailto:info@jillmilleryoga.com)

We look forward to hearing from you!