



*Fitness Therapy for Everyday Living™*

YTU Newsletter - July 2009

## Greetings Yogins!

I write this newsletter to you as I return from an incredible week of working with YTU students at Omega, and YTU teachers in NYC. I am so grateful to have shared such a creative and healing space with individuals whose priorities are to find ways of living in their own bodies comfortably and fearlessly.

In the next month, the abdominal Core is a big theme in all my live events. July 25 is [Core Integration](#) at Yoga Works in LA, then August 7-14 are back-to-back [Core](#) retreats at [Kripalu](#), a variety of courses that are open to beginning students and teachers who wish to explore their anatomical core. Find out for yourself how much your bodies and minds change at these live events!

I have several more trainings and retreats in the next few months. In September I present *Core and More* at the [Inner Idea](#) conference in Palm Springs (where you'll find an International treasure trove of Mind-Body Teachers). Los Angeles will also have its first [Core Immersion](#) this September. And in October I will teach at the annual yoga love-fest at the enchanting [Ojai Yoga Crib](#).

Please register now for the Level 1 40 hour [Yoga Tune Up® Teacher Trainings](#) in Palo Alto or Boston. These are the final Level 1 trainings for 2009!

Visit [yogatuneup.com](http://yogatuneup.com) for more YTU and stay "Tuned" for some great new products!

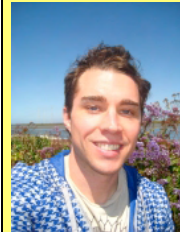
Blessings,  
Jill

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

## In This Issue

- 1. Rethink Your Abs**
- 2. Yoga Tune Up at Inner Idea**
- 3. Upcoming Teacher Trainings**
- 4. Upcoming Workshops**

## Meet Jeffrey Lang Yoga Tune Up® Teacher of the Month



Jeff grew up in Rhode Island competing in hockey, and baseball. He supported his athletics with intense strength training. Yoga's initial pull was the physical, but after 7 years of practice, he was still riddled with injuries and imbalances from overtraining.

Since beginning his Yoga Tune Up® practice, his body has been transformed. Completing Yoga Tune Up® Level I & II teacher trainings have given Jeff the necessary knowledge for rebalancing any body in a systematic, accessible, and safe

## RETHINK YOUR ABS

### 3 New Exercises for an Integrated Core

A strong core has been "in" for years. But the



biomechanic awareness that has trickled into yoga and fitness studios has been affected by loads of misinformation and the "quick-build" mentality. Unfortunately, this can often do the body more harm than good.

### A Brief Unauthorized Biography of the Core

- 1) **The six-pack:** It is commonly known now that doing excessive crunches might build a stronger rectus abdominis (the six-pack muscles), but the action of curling the spine repeatedly can ravage the back muscles and damage precious vertebral discs.
- 2) **Navel to spine:** Pilates introduced the transverse abdominal (TA) muscle into our vocabulary. We were told that this would protect our backs, as the TA acts like a cummerbund to pull in sagging guts and make us look like we're wearing Spanx! The problem with pinning the navel to the spine is that students will often flair their ribs out to make the "appearance" of the navel drawing in the spine. But this actually creates a stretch and weakening of both the TA and the obliques!
- 3) **Side bends:** The obliques are often misrepresented as the ubiquitous "side-bending" muscle. They are actually two layers of diagonal abdominal muscles that are like crisscrossing fibrous sashes spiraling around our midsections. But biomechanically, the obliques are not all that functional in a side bend. It's the quadratus lumborum, a deep lower back muscle, that is chiefly responsible.

So when reviewing this partial list of core muscles, it's clear that they all need a new public relations firm in order to get firm - while keeping you safe! These fabulous muscles have been stripped of their dignity, oversimplified and reduced to dysfunctional, unintegrated tissues. Yes, making your core muscles actually think while they work can be hard work, but the payoff is a sounder structure that will support you for a lifetime!

#### 3 core exercises that help your muscles think

Here are three great Yoga Tune Up® abdominal exercises that wake up all of the major core muscles and more:

1



**Corset Contraction - Inhale**  
 - Stand upright with good posture and place hands on either side of the ribcage.  
 - Inhale fully into the lungs with an expansive thoracic breath. Feel the spreading and flaring of the ribs as the external intercostals contract and the internal intercostals stretch.

**Corset Contraction - Exhale**  
 - Exhale and close down the ribs by tensing and contracting the internal intercostals to reset the ribcage.  
 - Intensify the end of the exhalation by drawing the bottom of the ribs down toward the navel and creating a binding action all throughout the midsection.  
 - Continue to exhale until no breath is left, as if the whole torso were being corseted. Feel the blending of the internal intercostals with the obliques, transverse and diaphragm.  
 - Practice eight to 10 complete rounds.



**Targets:** diaphragm, intercostals, TA, obliques, rectus, spinal erectors

2

way.  
 It is with this experience of healing and feeling vibrantly alive and fully functional in his body that Jeff approaches his instruction. He draws students deeper into their own inner adventure with charming simplicity, accessibility, warmth and humor.

Jeff is a leader in the YTU community, helping to develop and spread Jill's methods. He currently writes articles and blogs for [yogatuneup.com](http://yogatuneup.com) and will be assisting Jill at the [Kripalu Retreat Center](#) in August.

Please come in and visit Jeff at any of his classes in the San Jose area. He can also be reached at [jeffrey@yogatuneup.com](mailto:jeffrey@yogatuneup.com).

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

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

### Heal Aches & Pains

w/Targeted Trigger Point Self Massage Therapy!



#### Yoga Tune Up's [Therapy Ball Program](#) Works!

**Loosen Locked Muscles  
 Relieve Tension  
 Increase Circulation**

Five different series provide a deep tissue massage!

- 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!](#)



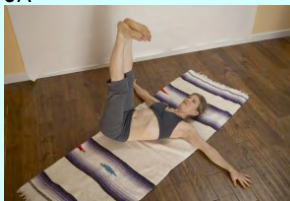
### MegaPlank with Active Serratus

- Place the forearms parallel to each other, shoulder-distance apart. Shoulder sockets are vertically joint-stacked over elbows.
- Body is stiff as a solid board, while belly inflates slightly to ignite the abdominals into full tension.
- To activate the serratus anterior, protract the shoulder blades by pushing the ground away while the upper back hunches, then depress the shoulder blades as if pulling a window shut while the arms remain pinned to the floor.

- Maintain all actions at once. Hold for about 30 seconds.

**Targets:** rectus, obliques, TA, intercostals, serratus anterior (a shoulder-core muscle), pectoralis

**3A**



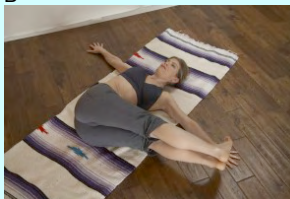
### Jithara Parivartanasana (revolved abdominal pose)

#### Revolved Abdominal Pose A

- Lay supine on a mat. Arms reach out to your sides like a "T," with palms pressing into the floor. Keeping the thighs pinned together, legs stretch toward the ceiling stick straight (or slightly bent if hamstrings are tight).

- Inhale and glide the pelvis to the right about 20 to 30 degrees (fig. A).

**B**



- Exhale as the waist twists and the legs descend toward the left hand, thighs maintaining a 90-degree or more acute angle with the torso at all times (fig. B). -The legs do not touch the ground, and they hover during a new full inhalation.

**B (side view)**



- Exhale and return the legs to face the ceiling, unwinding the core. Inhale and repeat on left side.
- Do at least four complete rounds, and add one more round every practice.

**Targets:** obliques, TA, iliopsoas, quadratus lumborum, spinal erectors

Take your time with these exercises and coordinate your breath with your movements. Your abdominals are smart but also need you to think, so show them that you really care!

For these and more new core exercises, join me at my [Core Integration Retreat](#) at [Kripalu](#) in August. And check out my critically acclaimed [Core Integration DVD](#) by Pranamaya.

## Yoga Tune Up® at INNER IDEA

Join us in Palm Springs!



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

## TEACHER'S CORNER

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

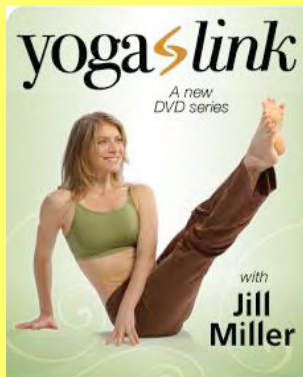
BULK PRICING is available!

Email: [karrie@yogatuneup.com](mailto:karrie@yogatuneup.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](http://AMAZON.COM) and at [Pranamaya.com](http://Pranamaya.com).



PRANAMAYA®

[www.pranamaya.com](http://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](#)

DOWNLOADABLE through [iamplify.com](http://iamplify.com)

YOGA for WEIGHT  
LOSS DVD  
Workout Kit  
from GAIAM

## 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 ([only 6 spaces left!](#))  
- OCTOBER 2 - 5 and 9 - 11, Boston, MA

### [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

### [Liberation Yoga Teacher Training \(Anatomy Module\)](#)

- July 31 - AUG 2  
Liberation Yoga, Los Angeles

### [Yoga Tune Up® Teacher Training Level 3](#) (20 hours)

- November 13-15, Los Angeles, CA

### [Vibrant Living Yoga Teacher Training - Ubad, 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

### [THIS WEEKEND...REGISTER NOW!](#)

#### [Core Integration - A Total Abdominal Awakening](#)

July 25 Sat, 2 PM - 5 PM

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

### [NEXT MONTH and beyond...](#)

#### [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

#### [Yoga Tune Up® Shoulders, Hips & Heels 1:30-3:30pm](#)

October 13

[South Boston Yoga](#), Boston MA (617) 548-2964

#### [Ojai Yoga Crib](#)

October 23-25

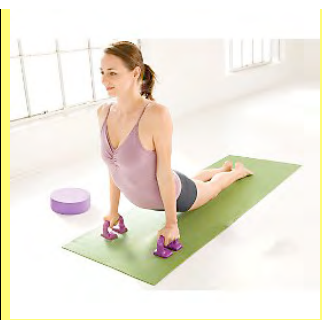
[Click here for details and registration](#)

## Summer Retreats & Immersions

Plan Ahead!



[Core of Yoga Weekend:](#)  
August 7-9



**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](#).

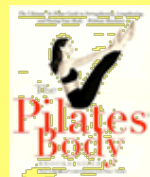
## Blog Time



**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 read and re-read Brooke Siler's**

[The Pilates Body](#) and view her blog on the [Huffington Post](#).

Brooke has been a friend of YTU for years, hosting Core workshops at her NYC [ReAb Pilates Studio](#) and taking the Level 1 and Level 2 Teacher Training courses.

**EQUINOX FITNESS**



Kripalu, 866.200.5203

**Core Integration Immersion: Abdominal Awakening Accelerated, August 9-14**

Kripalu, 866.200.5203

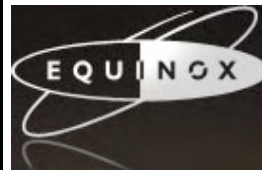
**Core Integration Immersion:**

**September 17-20**

Equinox, Los Angeles, CA

818-760-2045

## 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!

Visit [www.yogatuneup.com](http://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!

Forward email