

Greetings Yogins!

I hope your summer has been full of play, practice, and satisfying growth. I am on the brink right now - full of anticipation for entering the biggest transformation in my adult life. I will be a wife in less than 2 weeks! Almost 2 years ago I met my fiance, and we will "tie the knot" with our families on September 20, the autumnal equinox (the earth's big transformational hinge, give or take a day or two).

And speaking of Equinox, the [Yoga Tune Up® Level 1](#) 40 hour Teacher Training Certification Programs in Los Angeles (October) and New York (November) are filling up quickly. Our first training in April was completely sold out, so please, get your registrations in early and save \$ too!

Lastly, I am happy to announce the exquisite [2009 YOGA calendar](#) by Doyle Gray, I am on the cover, as well as 4 other month's of 2009. These are available through my website and workshops, as well as selected stores nationwide. What better way to track your transformation?

Blessings!  
Jill

### A Short Story about Gustav and Karma Yoga



**KARMA YOGA - *To do work or service with a keenness of attention resulting in meditative action.***

Six weeks ago, Los Angeles was hit by a 5.4 magnitude earthquake. I had just come out of the shower and was dressed in my birthday suit when the shaking started. My first thoughts were, "Robe? No-cash. No-robe! Call Robert - No-Robe!" and so on. At

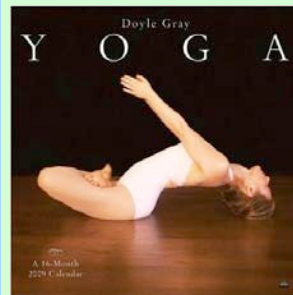
the same time that I was turning in circles around myself, halfway stepping towards my robe, or the phone, or to find some cash - I laughed out loud because I was indeed the epitome of a CHICKEN WITH MY HEAD CUTOFF. Hardly yogic, but very honest. Honest, wet, and still naked.

I was intensely aware that I reacted rather "un-yogically." No deep breathing, just panic; racing mind, shortness of breathe and inability to make a decision. Then, six weeks later, I was triggered again - this time by the news of Hurricane Gustav. My circuits went into overload and my body raced with adrenaline and it brought me right back to my memories of Katrina. My Mother, who lives in New Orleans thought

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### 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.

[Calendar also includes September-December 2008](#)

Jill's Playlist  
on OMSTREAM



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

she could wait out the storm and decided to stick around. For more than three days she was completely unreachable and I had no idea if she was among the growing casualty count. So when I learned of Gustav, all that unprocessed fear resurfaced and my panic buttons went off - in spite of my practice.

At the time of the Gustav news, I was teaching my annual Core Integration retreat at Kriplau and for a while, almost all my mental focus went towards this growing anxiety. I say 'almost' because the minute I stepped into that classroom and began working with my students, it vanished. Now, as I evaluate this, I don't think it was just because I was distracted by my work, but rather my shift in attention towards working for others. In the workshop, my students were creating little earthquakes of their own inside their cores. They were going into the unknown of their own bodies, exploring new territory, which can trigger anxiety, fear, and grief in any student. Their muscles trembled, their minds churned, and they blessed me with the trust that I would help them through their journey. This classroom community, filled with others who were feeling much of the same energy I had been experiencing, was just the remedy for my healing.

By immersing myself in work towards the service of others, I was experiencing the benefits of KARMA YOGA - not "om-ing," or doing poses, but attending to my students and helping them. This is the definition of Karma Yoga. By stepping away from my own "stuff," I could aid and assist a higher purpose and not get caught up in the dance of my inner "freaked out chicken." I love teaching, but this time it was so thoroughly refreshing, I felt cleansed, stabilized, and able to remain cheerful and positive when I could finally speak to my mom during the (not so horrible after all) storm.

In times of trauma or distress, when it feels nearly impossible to "pull it together" or "shake it off," or elements feel out of control and sitting down to meditate only exacerbates your stress - find your own way to experience Karma Yoga. Reaching out to help others can be just the yoga remedy you need to restore harmony in your mind. The benefits are infinite, and as you help others, your ego dissolves, boosting your ability to give even more. The world will continue to rock, shake, rain, and shine - the best we can do is to revere the earth, and honor each other by practicing Karma Yoga.

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## Upcoming Teacher Trainings

### WEST COAST

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](#)

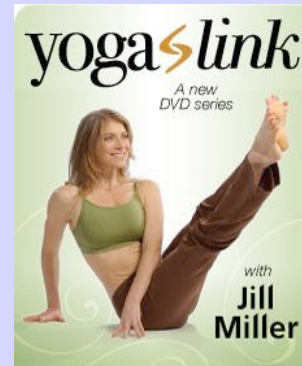
## Yoga Tune Up® Workshops

Watch Jill's Interview on  
YOGA TV!



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

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](#)

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.

## 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

OCTOBER 17-19

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

*SATURDAY* - Yoga Tune Up® - Hips

*SUNDAY* - Yoga Tune Up® - Backbend Booster

#### Yoga Source Los Gatos

15545C Los Gatos Blvd  
Los Gatos, CA 95032  
(408) 402-YOGA

[Click here for details and registration](#)

## 2009

### Core Integration: A Total Abdominal Awakening

Jan 25, 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](#)

### Costa Rica Retreat. Plan ahead!

Feb 7-14

#### Yoga Tune Up® Retreat

Sueno Azul, Costa Rica  
(800) 944-1001

[Click here for details and registration](#)

### Yoga Tune Up® Weekend

Feb 28, Mar 1

#### Yoga Tree-Valencia

1234 Valencia, CA 94110  
(415) 647-9707

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

We look forward to hearing from you!

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  
12PM - 1PM

Equinox Fitness Club\*  
201 Santa Monica Blvd. Santa Monica,  
CA 90401  
(310) 593.8888

\*Membership Required.

[Club Details](#)