



October 2007

Greetings Yogins!,

I am days away from an 11 day east coast tour. I hope you will join me in my first ever east coast Core Integration Teacher Training at Fresh Yoga in New Haven. The training is designed for teachers who want to incorporate this work into their classes, or students hungering to go deeper into their own core connection. I will also be teaching workshops in New York City and New Jersey. Additionally, I am available for a few private Yoga Tune Up® sessions while in NYC from Oct- 29-Nov 1. Please reply to this email if you'd like to pamper yourself with your own personalized lesson.

This month's article takes a closer look at some of the confusing issues that arise when pursuing your core.

Belly Blessings!
Jill

PS: Take advantage of the Omega Institute's discount offer for my winter Yoga Tune Up® retreat in Costa Rica. See Below.

Your CORE, FOOD, and EMOTIONS - Creating Healthy Patterns
to Enhance Your Practice, Your Belly and Your Life
(Part 1 of an ongoing series)

No matter what the history may be between you, your body and food, practicing core work will help you to become more sensitive to your appetite. As a recovered bulimic, one of the hardest lessons I had to relearn was satiation; or more precisely, understanding what a full belly actually felt like and knowing when enough was enough. I was a chronic emotional eater and my body had been so confused by bingeing, purging, and ignoring true hunger signals, that it took years for me to feel real physical hunger or healthy fullness. In this state of chaos, it was also impossible to effectively or correctly tune that part of my body because I was so disconnected from it.

The core is your "center." In fact, core defined is "the central part of anything," which is why we "feel" so much in our center when we're nervous, frightened or excited. Our digestive tubing is loaded with neurons releasing many of the same brain chemicals that regulate our moods and respond to fluctuating emotions. Those butterflies in your stomach are actually a rapid flooding of stress hormones into the digestive tract. Our core is a feeling-thinking hub which has also been called "the second brain." If we stifle this mind within our body by avoiding and denying our "gut feelings," they will burrow into the body as tension.

This stuffed tension becomes a gnawing pain both psychological and physical. Compulsive habits, such as over or under eating, can develop around those suppressed emotions. Food is then used like a drug because it is a tangible, controllable substance that immediately

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**Yoga Tune Up®
DVDs**



[Available online](#) and at workshops, retreats, and classes

**Core Integration
Teacher Training**



Doyle Gray 2007

For teachers:

Add new tools
&

For students:

Intensify your practice

OCTOBER 26-28

Fresh Yoga
319 Peck St.
New Haven, CT 06513
(203) 464-3387

Tuition & Materials:
\$430

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**Weekly Classes w/Jill
in Santa Monica**

fills the senses and provides a distraction from pain (albeit temporary). Emotional eating aims to satisfy and soothe that buried tension but it will never lift the burden of the soul starving to be heard underneath those emotional cravings.

Unfortunately, when hiding from those messages lodged within, there is a disconnect to your stomach. This prevents you from truly being able to "feel" your abdominal muscles when doing Yoga or Pilates, making it impossible to tap into the power of the core. I remember my roommate in college always complaining about her aching abs after our weekly Pilates class. I, however, never felt sore because I was stealth in bypassing those core muscles, only later learning that I was unintentionally "faking" my core work by favoring my arms and legs while avoiding my center.

Core Integration work is an antidote to dealing with the complicated intermingling between emotions, food and your belly. When you create an awareness and sensitivity in this area through continued core work, you begin to release trapped emotions, creating a new vitality within your center. Through conscious breathing and compassionate abdominal exercises, you learn to discern the many signals that emanate from this area. As the knots of internal pain unwind, your attitude towards your belly will also evolve into a relationship of loving reciprocity. Treat your belly with respect by addressing the emotions held within and it will support you along your path of healing.

(Stay tuned for more on your core.)

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Yoga Tune Up® Workshops

EAST COAST: October & November
WEST COAST: November & December

EAST COAST-----

Backbend Booster

OCT 25, THURSDAY 7 PM - 9 PM
Fresh Yoga
319 Peck St.
New Haven, CT 06513
(203) 464-3387

[Click here for details & registration](#)

Core Integration Teacher Training

OCT 26-28, FRI-SUN
Fresh Yoga
319 Peck St.
New Haven, CT 06513
(203) 464-3387

[Click here for details & registration](#)

Yoga Tune Up®: Hips and Core

NOV 1, THURSDAY, 7 PM - 9 PM
hOMeE yoga experience
370 Franklin Turnpike
Mahwah, NJ 07430
(201) 252-2575

[Click here for details & registration](#)

Yoga Tune Up®: Backbend Booster

NOV 3, SATURDAY, 12:30 PM-3:00 PM
Yoga Works (downtown)
138 Fifth Avenue (4th floor)
New York, NY 10011
(212) 647-9642



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](#)

[Click here for details & registration](#)

Core Integration: A Total Abdominal Awakening

NOV 4, SUNDAY, 10 AM - 1 PM
The JCC in Manhattan
334 Amsterdam Ave @ West 76th Street
New York, NY 10023
(646) 505-4406
To register email Caroline: ckohles@jccnyc.org

WEST COAST-----

Breathe in : Bliss out

NOV 17, SATURDAY 4:00-5:30 PM
Equinox Fitness
8590 Sunset Blvd.
West Hollywood, CA 90069
(310) 289-1900
[Location Details](#)
Equinox Members Only

Hip, Hip, Hooray! Hip Openers for Everyone

DEC 1, SATURDAY, 1:30 PM - 4:30 PM
Liberation Yoga
124 S. La Brea Ave
(323) 964-5222

[Click here for details & registration](#)

Yoga Tune Up®: Holiday Hips

DEC 8, SATURDAY 1 PM - 4 PM
Yoga Works Costa Mesa
1835 Newport Blvd., Suite A-208
Costa Mesa, CA
(949) 642-7400

[Click here for details & registration](#)

Winter Retreat in Costa Rica - SAVE \$100

Retreat Dates: February 23rd - March 1st

Register early & save \$100!*

[Click here for retreat information](#)

Plan now for your winter vacation at the lush Sueno Azul Resort in Costa Rica with a Yoga Tune Up® Retreat.

[Register online by clicking here](#) or contact Omega Institute at 800.944.1001

* For discount, use keycode 08WTSP when registering.

You must register by January 11, 2008 to take advantage of this special offer.

\$100 discount offer cannot be combined with other Omega discounts.

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