



Greetings Yogins,

In the spirit of the Holidays, I wanted to share how grateful I am to you for allowing me into your life, for blessing me with your trust and permitting me to help, even if just in a small way. I so appreciate the feedback you give me on my newsletters and the stories you share about your practice, as they propel me to continue to develop my craft so I can further assist you. And to all the studio owners out there, a huge Thank You, as you provide the forum for us all to learn, grow and heal. Lastly, a triple thanks to everyone for continuing to practice on your own and allowing the art of yoga and Yoga Tune Up® to grow within you.

As a special thanks to you for the holidays, I'd like to provide you with one FREE Yoga Tune Up® DVD for every two purchased. Please see the special Gift Offer on the right - and please plan ahead for my winter Yoga Tune Ups Retreat (see sidebar). I'd love to spend some time with you in Costa Rica!

Blessings,
Jill

Yoga Tune Up® as Physical Therapy

Over the years I have received hundreds of testimonials from students whom I met in the classroom, on retreat, or who use my DVDs or and Tune Up Ball products - and it is this feedback that continues to fuel my passion for what I do. Yoga Tune Up® helps people live healthier, happier lives and for that, I am most grateful.

I'd like to share an example that hits close to home as it's from my mother-in-law to be. She mentioned she was having some severe pain emanating from a pinched nerve in her neck. She'd been seeing a Physical Therapist for two months and doing his exercises but the pain kept returning. After a brief phone lesson I sent her the Tune Up Balls and some DVDs. About a week later I received this email from her:

"I can't begin to describe how much better my back and neck feel since I started the Tension Tune Down Series. I'm not even sure I am putting the balls in the right spots but the effect is that I can move my neck more easily, stand up straighter and walk taller. I've also been doing one of your Core Integration DVD's along with the balls every morning and with this routine, I don't even need to do the exercises from my physical therapist. The pain is gone. It's such a relief."

Essentially, the balls massaged the trigger points that were seized up all along her spine, while the Core DVDs helped her abdominals and back to become stronger, suppler and more stable.

Another student of mine is an animal anatomist who needs to stand at a lab table for hours performing detailed dissections. Four years ago she was cut off by a car while biking and was in serious rehab for two years before starting her Yoga Tune Up® program.

"Two years ago, I couldn't put weight on my arms, sleep through the night or walk twenty steps without pain. After years of biweekly sessions with occupational and physical therapists, I'd hit a plateau and was still in chronic pain and very limited in my movement. The whole body approach of The Yoga Tune Up program you created for me has been amazing and has allowed me to strengthen my entire body. The customized program has been a blessing, as I can now not only walk, but hike many miles without pain, do pushups, and most importantly, get a good night's sleep. I am so grateful for having found you and Yoga Tune Up."

Her program was geared toward stretching out her psoas and releasing its clutch on her hips, which finally helped her to unwind the trauma held throughout her body. This was a major milestone toward moving through and beyond her pain.

Yoga Tune Up® exercises and poses are based on an ancient and sophisticated form of self-physical therapy. It's transformational holistic approach gives its practitioners the ability to go one step beyond a basic Physical Therapy routine by offering tools of conscious relaxation, awareness, self-assessing, and self-remedying the many layers of your body and mind. Its foundational Yoga application brings you back to your own innate sense of power, your inner teacher.

"If you have a success story you'd like to share regarding Yoga Tune Ups as Physical Therapy, please send it along as I'd love to celebrate your wins and your continued healing evolution!"

© Jill Miller Yoga 2007

Yoga Tune Up® Workshops

2007

DECEMBER

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 Newport Beach

230 Newport Center Drive #230

Newport Beach, CA 92660

(949) 642-9642

[Click here for details & registration](#)

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Special Gift Offer

Purchase 2
Yoga Tune Up®
DVDs
and get one FREE!!*
(offer good thru Dec.31 '07)



Available online and at workshops, retreats, and classes

*To receive your free DVD, send an email with your selection after your purchase of two DVDs.
Offer Code: "Holiday DVD"

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 Suena 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 08WTSF 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.

[Join Our Mailing List!](#)

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](#)

2008

JANUARY

Core Integration: A Total Abdominal Awakening

JAN 19, SATURDAY 2 PM - 5PM

Yoga House

11 State St.
Pasadena, CA
(626) 403-3961

[Click here for details & registration](#)

Yoga Tune Up®: Shoulder Shakti, Pelvic Primer & Hip Helpers

JAN 24 - 25, THURSDAY & FRIDAY

Fit Yoga Conference Los Angeles

Century Park Hyatt

[Click here for details & registration](#)

Core Integration: A Total Abdominal Awakening

JAN 26, SATURDAY 1:30 PM - 4:30 PM

Rising Lotus Yoga

13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 990-0282

[Click here for details & registration](#)

FEBRUARY

Core Integration: A Total Abdominal Awakening

FEB 9, SATURDAY, 2 PM - 5PM

Center for Yoga

230 1/2 N. Larchmont Blvd
Los Angeles, CA 90004
(323) 464-1276

[Click here for details & registration](#)

Yoga Tune Up® - Hips

FEB 10, SUNDAY, 2 PM - 5PM

Center for Yoga

230 1/2 N. Larchmont Blvd
Los Angeles, CA 90004
(323) 464-1276

[Click here for details & registration](#)

****WINTER RETREAT****

Yoga Tune Up® - Efficiency in Asana

FEBRUARY 23 - MARCH 1

Sueno Azul Resort

Costa Rica
(800) 944-1001

[Click here for details & registration](#)