

ROLL IT OUT!

YOGA TUNE UP® MAKES UAE DEBUT

Created by LA-based fitness and pain management expert, author of The Roll Model, Jill Miller, Yoga Tune Up® is a specialized fitness therapy method that's all about self-care. Built around the three Ps – Pain, Posture, Performance – Yoga Tune Up® combines corrective exercises that not only draw from Yoga, but also physical therapy and other stretching modalities to improve flexibility and free up range of motion, relieve muscle

tension and build strength so you can keep doing the activities you love – whether you're a beginner, an athlete or simply want to get through your day pain-free – in a smarter, safer way, and for a lifetime.

Perhaps the most unique aspect of this method is the use of therapy balls for self-massage. Made of rubber, the therapy balls are grippy and pliable – in short, they adhere super well to your tissues so that you can re-create

the actions, and benefits, of myofascial massage. The therapy balls come in a variety of sizes to release every nook and cranny in the body – from the feet, calves and shins, to the hips, core, back shoulders, neck and jaw.

The big bonus of the therapy balls is the amount of feedback they give about the levels of stress, pain or discomfort we harbour in our bodies. Jill Miller calls these the blind spots – the tissues you overuse, underuse or misuse or abuse – areas, that in the long term, are most prone to injury. When taking a class, you'll first do a check-in, ranging from how much shoulder flexion you initially have to how much you can contract your glutes or how far you can forward bend – which you will re-check post-rolling. This is

when 'aha' moments occur. After releasing our lower back in every direction possible – teetering on the edge of pleasure and discomfort – back pain had mostly subsided, muscles felt suppler, fluffier, and lighter and our posture had greatly improved to a more neutral position. And, the cherry on the cake – the tension in our body was excavated out, replaced with a great sense of ease, relaxation, and an easy breath.

In a world where we tend to treat our bodies like machines, always aiming to always go faster, stronger, longer, a method such as Yoga Tune Up® is a welcome addition to the city's health and fitness scene.

Classes are on going at Urban Yoga in Business Bay, Dubai. Check schedule on urbanyoga.ae. More info: yogatuneup.com.

