



Self-Massage With Yoga Tune Up®

By Gretty 'Ayed' Yacoubian, Fitness Instructor & Consultant



Using two small rubber balls, Yoga Tune Up® YTU combines the best of many disciplines with a focus on the 3 Ps: erase Pain, improve Posture, increase Performance. When you're done, you'll feel as if you've just had a Swedish massage!

A Master Trainer in YTU, French-born Emilie Mikulla recently gave a couple of classes in Jordan. "I still can't believe how I underestimated the power of these two therapy balls!" exclaims a 48-year old mother of four who attended Mikulla's class. "During the session, I felt relaxed and at peace; Emilie's hypnotic voice even put me to sleep during our cool down," she explains. "Then, two hours after the exercise, my body was throbbing as though I had done an intense working out!"

Connecting with your inner self

The two balls that you roll on work on self-myofascial release (MFR); this is a very effective, hands-on interactive technique that stretches, compresses and sustains pressure into areas of your connective tissue in your body to eliminate pain and restore motion. This leaves you feeling as though you've had an intense massage!



"The therapy balls come in a variety of sizes and get softer as you use them. Don't underestimate their size, as they can easily penetrate into your deeper tissues to release long-held tension," says Mikulla.

This specific type of exercise is the brain child of US-based Jill Miller and is a culmination of her over 28 years of experience in fitness, yoga, massage and pain management.

Self-massage is also a great way to increase body awareness and also to de-stress, notes Mikulla. In today's world, where everything is interconnected, faster, stronger and harder, self-massage and appropriate breathing strategies are a great way to reconnect to our inner selves and to our nervous systems effectively.

The combination of self-massage and correct breathing techniques create the ultimate conditions for relaxation by releasing tension and relieving pain.

Movement

Another aspect of YTU blends movements from yoga, calisthenics and other disciplines. Combining self-massage and movement is a truly potent recipe to relieve pain, move better and ultimately live better in your body.

YTU is popular not only with beginners and people who are injured or who have had surgery but also with athletes in their recovery programme. Athletes use YTU because they know that the harder they want to perform, the better they need to recover. It helps them keep their joints and tissues supple and keep injuries at bay.

Mikulla will be back in Jordan this October to give a training course to all those interested in teaching this fascinating and very effective method!



The 3 Ps
1. erase Pain
2. improve Posture
3. increase Performance

In the photos: Master Trainer in YTU, French-born Emilie Mikulla