

FOR IMMEDIATE RELEASE:

Pranamaya Introduces *Yoga Link: Easy Access to An Ageless Art* DVD Series by Jill Miller

San Francisco, February 19, 2008--Pranamaya, Inc. announces the release of the new *Yoga Link: Easy Access to An Ageless Art* series of DVDs by renowned yoga teacher Jill Miller, who is known throughout the world for her yoga workshops and playful, innovative methods. There are three DVDs in the *Yoga Link* series: *Core Integration*, *Hip Helpers*, and *Shoulder Shape-Up*, each of which targets specific regions that Miller says tend to be areas of chronic weakness and congestion: "We spend too much time sitting idle at computers and in cars with poor posture. Using Yoga Link's techniques, anyone can create healthy balanced hips, shoulders, and a powerful core to break through the cycle of pain that stems from our everyday habits."

In the *Yoga Link | Core Integration - A Total Abdominal Awakening* DVD, Jill leads viewers through an in-depth exploration of all major and minor muscle groups that comprise the body's core, which she refers to as "a physiologic and energetic hub of activity that gives us physical stability and digestive regularity. It's also a vital source of determination, will and purpose in our lives." There are also special exercises that bring more awareness to the abdominal diaphragm, the muscle that governs respiration. The poses and exercises that Miller demonstrates strengthen and lengthen all the core muscles and mobilize the spine, "linking this foundational center to overall health and well-being."

The *Yoga Link | Hip Helpers - Harmonizing the Hips from Inside Out* DVD probes the hips from all directions. These techniques free the legs and hips and improve overall flexibility, stability, coordination and health. There is also a special focus on loosening the psoas, a frequently tight and restricted primary hip flexor muscle. "Lengthening and liberating the poses is key to releasing tension and pain throughout the body because its health directly impacts our posture. It's like a cable that hooks the spine to the legs," explains Miller. "It also shares attachments with the diaphragm and large intestine, so it's connected to our physiology and our nervous system in a way that other muscles are not. It's truly a vortex that affects the entire well being of the body. You'll get better results unwinding other areas of the body if you loosen the psoas muscles first." This DVD also contains a special bonus of challenging asymmetrical standing postures.

In the *Yoga Link | Shoulder Shape-Up - Shoulder Solutions from Hands to Heart* DVD, Miller leads viewers through exercises that mobilize the shoulders from every conceivable angle and prepare the arms and shoulders for every category of asana. "The arms are like the body's tool kit," Miller says. "The shoulders are our physical link to implement ourselves into the world. Liberated shoulders depend on the support of a healthy upper back and a breath-loving, expansive ribcage." This DVD also contains a bonus "Blackberry Stretch," to help release tension in the palms, wrists and fingers that often results from the overuse of computers, cell phones and texting devices.

Each of the DVDs is divided into two main sections: a workshop that provides detailed instructions on all of the exercises including the use of props and adaptations, and a practice section which provides complete practice routines that viewers can do as often as they would like. On each DVD, Miller recommends that viewers first watch the Yoga Link Chapter, which provides the basis for the entire system and then The Breathing Primer, which provides essential breathing techniques that are used throughout the practices. "The Primer teaches basic breathing techniques because most people don't breathe properly. The Primer also serves as a guided relaxation routine because often stress and emotions can affect breathing," Miller says. "If you change how you breathe, you can change how you feel."

Over the 23 years Miller has been practicing yoga and studying the human body, she has developed the "Yoga Link" method, linking each body part to others in her instruction so people become more conscious of how their bodies work. Miller's philosophy on yoga is deeply rooted in the work of longtime mentor Glenn Black (Iyengar Yoga/ Bodytuning Massage). She teaches to packed classes at Equinox in Santa Monica, Calif. For nine years she has taught at The Omega Institute for Holistic Studies in Rhinebeck, New York, while also leading workshops, retreats, and trainings internationally. She has been featured in the *Los Angeles Times*, *Yoga Journal*, *Fit Yoga*, *Yogi Times*, *NPR* and many other prestigious media outlets.

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Miller is pleased to follow the success of her self-produced **Yoga Tune Up**® DVDs with the professionally produced **Yoga Link** DVD series by Pranamaya. Throughout this series, Jill deconstructs poses into accessible, digestible units, the way a skilled mechanic disassembles an engine to empower people to create a lifetime of healthy movement habits and a refined yogic awareness.

The **Yoga Link** DVDs are available in select retail stores and online for \$19.95 each.

For more information on Jill Miller, the **Yoga Link** DVDs or Pranamaya, please visit www.pranamaya.com.

About Pranamaya, Inc.:

Pranamaya was founded in 2000 with the purpose of collaborating with the world's best teachers to create compelling mind-body media products that inspire vibrant, integral health and authentic self-transformation. The company continues to add yoga and other mind-body programs to its media library in an effort to keep their customers engaged and informed of the most effective practices available.

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