

Yamuna Body Rolling



who is yamuna ?

Yamuna Zake is a visionary: A master teacher and healer who has literally dedicated her life to understanding how the body works and helping others to create positive change in their bodies through what she has learned. Today, Yamuna is a world-renowned authority whose simple, yet profound methods have been proven beyond doubt. Yamuna is as exceptional as she is real; as intelligent as she is accessible; as generous as she is devoted. Her thinking and her methods are uniquely her own. She is not aligned with any popular theory or rhetoric. She lives her vision that a fully aligned body with all of its capacity for movement free and available is the most beautiful body possible. She is committed to sharing with others what it takes to know and love their bodies, and be better in them.

WHAT IS YAMUNA BODY ROLLING™?

It's Health, Fitness & Massage rolled into one! Yamuna Body Rolling™ is a revolutionary approach to health and fitness using balls designed exclusively for this practice. It consists of a series of routines using 6 to 10-inch balls. Unlike other ball exercises, YBR goes far beyond random movement and stretch. It allows you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion.

Yamuna Body Rolling™ reeducates muscles and stimulates bone, creating positive, permanent changes in the body.

yamuna.

HOW DOES IT WORK?

Yamuna Body Rolling works the way a hands-on practitioner works -only using a ball. The ball replaces hands as it moves on muscles to stretch them, dislodge tension and discomfort, increase blood flow, and promote healing. Lying over the ball, you literally roll your body out almost like dough, stretching and elongating your muscles. The YBR routines follow specific sequences that match the body's own logic and order. Starting where each muscle begins, at its origin, you roll toward where it attaches to the point called its insertion.

YAMUNA BODY ROLLING™

Whether in a group classroom setting or a private, one-on-one class, Yamuna Body Rolling allows everyone to use the tools created by Yamuna to independently work towards alignment and body freedom. In a Yamuna Body Rolling class one learns to work on each part of the body, rolling the appropriate ball (size and firmness) from the buttocks to the calf; from the tail bone up to the skull; from the abdomen up to the collar bone; from the collar bone out to the shoulder joint; and so on. Everywhere you have muscle connecting from one place to the next; this is the path along which Yamuna Body Rolling takes you. Yamuna Body Rolling gives you the ability to "work on yourself" any time, anywhere, forever.

BENEFITS

Improved posture
Increased range of motion
Improved alignment in all parts of the body
Increased muscle tone
Increased flexibility
Increased organ function



Teresa Miller of T'Dance School Of Performing Arts in Hastings became a Certified Practitioner of Yamuna Body Rolling (YBR) in 2008, which includes Foot Fitness. Teresa was certified by Yamuna Zake at her New York studio and is the only certified practitioner in the state of Nebraska. Group classes in YBR and YBR Foot Fitness and private sessions are available.