

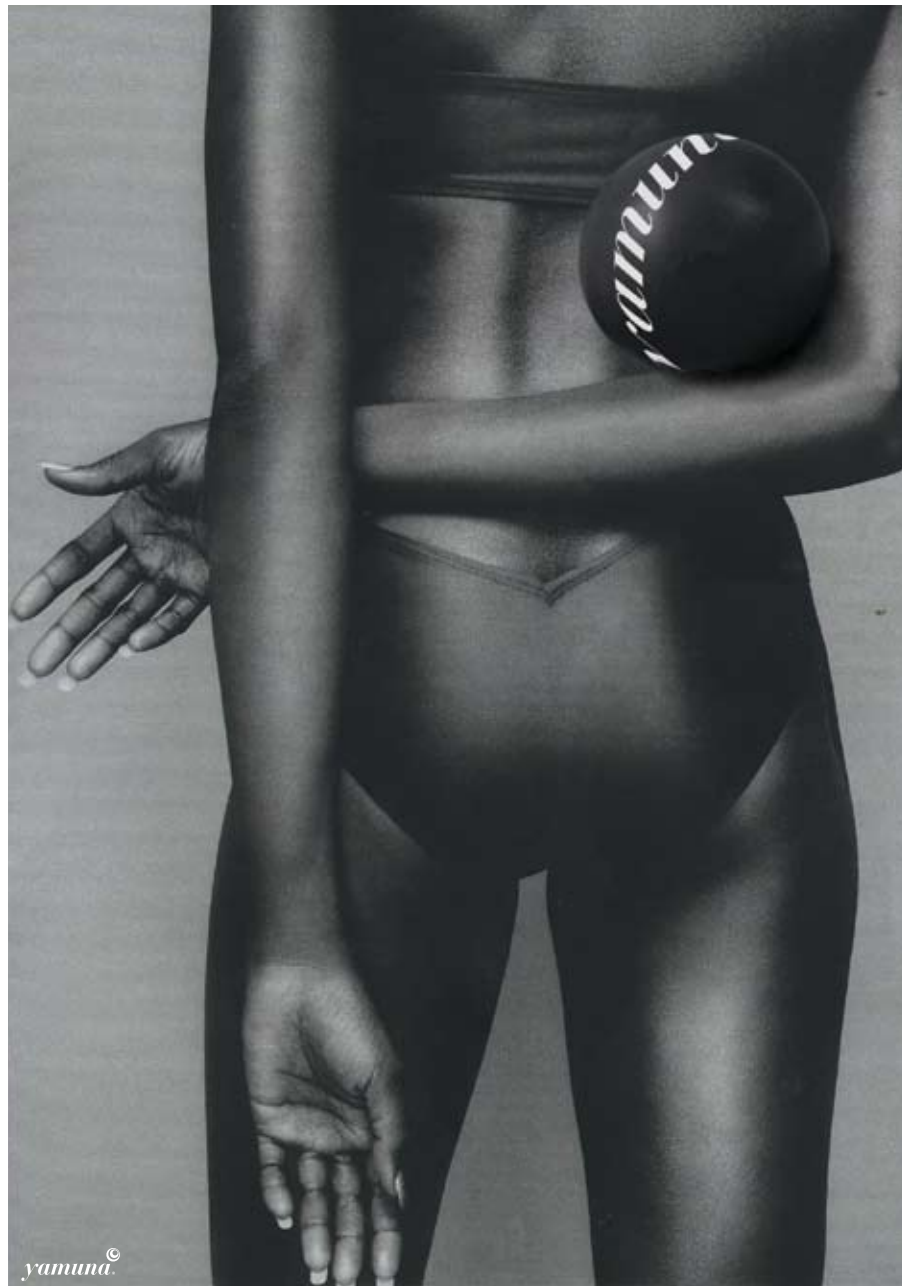
Round out your fitness

yamuna®



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CONTENTS



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WHAT IS YAMUNA?

05

*YAMUNA IS A
REVOLUTIONARY
MOVEMENT...
LITERALLY.*

Set aside everything you know about fitness. Focus only on the body you've always wanted to have. Toned. Strong. Long and lean. Free from pain and able to keep up with whatever you want to do. This is the version of you that Yamuna helps you achieve. This entirely unique system uses balls to work all your muscles and bones—and your circulatory and lymphatic and nervous systems, too. It's fun, challenging and effective. It's a new mindset and a completely different path to total fitness. Isn't it time you got the ball rolling?

TO JOIN THE REVOLUTION, GO TO WWW.YAMUNABODYROLLING.COM.

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WHO IS YAMUNA?

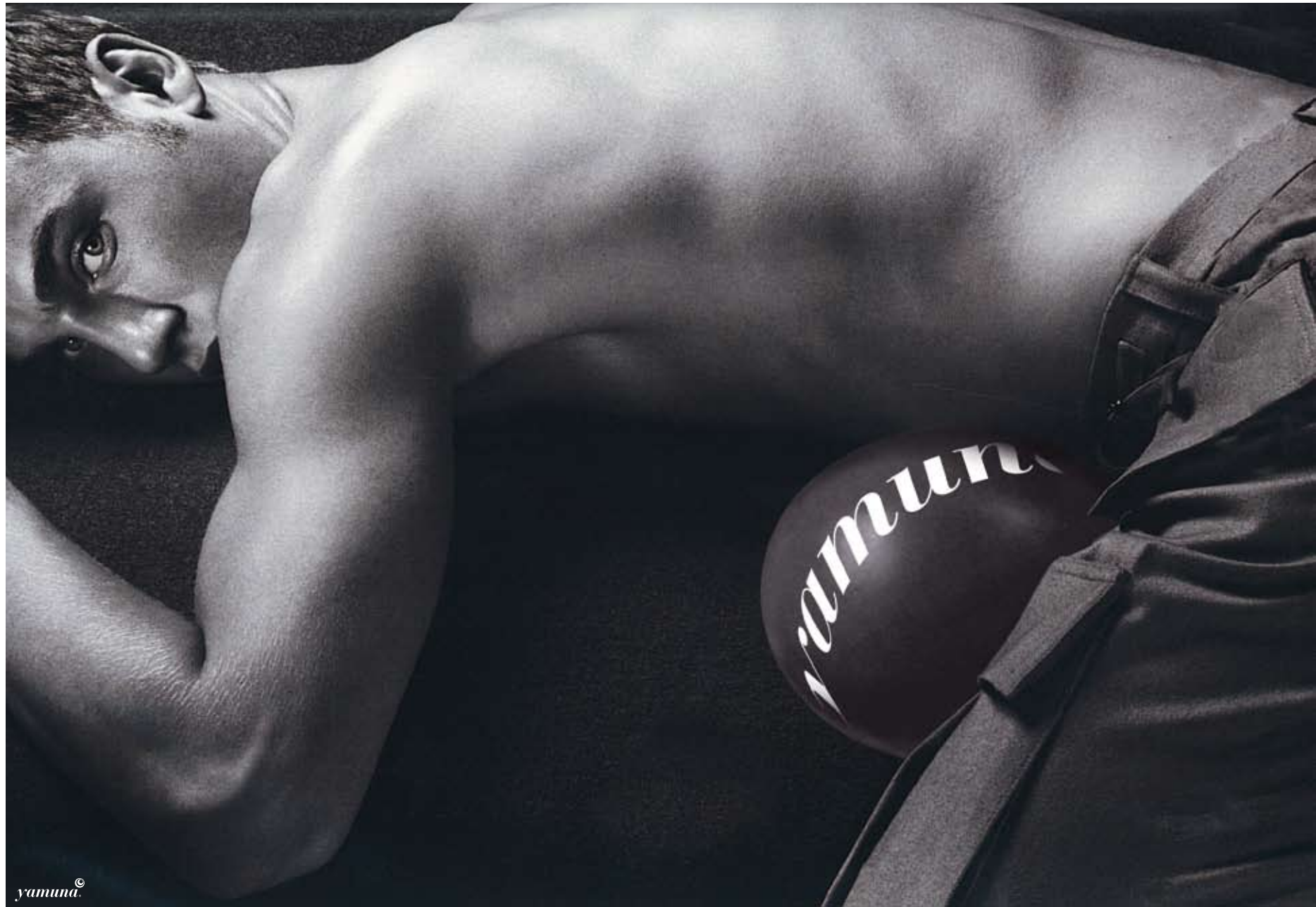
LIVING PROOF: YAMUNA WALKS THE TALK

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Yamuna Zake is the ultimate embodiment of her own work. She created her eponymous fitness system twenty years ago to heal herself from an injury sustained during labor, culling from her life's work as a yoga instructor, master bodyworker, herbalist and aromatherapist. The result was her unique philosophy of Body Sustainability and a whole new way for people to transform their bodies. Yamuna empowers men and women to maintain their bodies in peak form throughout their entire lives. In her studio in New York, in master classes around the world and through her books and DVDs, she guides people of all ages and abilities to achieve the kind of liberating, pain-free fitness you simply can't find anywhere else.

TO LEARN MORE ABOUT HER LABOR OF LOVE (AND SEE HER FULL BIO),
GO TO WWW.YAMUNABODYROLLING.COM/BIO.

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YAMUNA BODY SUSTAINABILITY

FITNESS AT EVERY AGE: WHO SAYS YOU CAN'T TAKE IT WITH YOU?

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Body Sustainability means cultivating your best self regardless of your age. This core principle of Yamuna is about envisioning the body you want to have and turning that into a reality you can celebrate forever. Whether you're at the top of your game or totally out of shape, you can learn to listen to and understand your own body and use new strategies to avoid the stresses and injuries that age you prematurely.

Body Sustainability is the power to maintain yourself at peak condition—with strong bones, long muscles, increased metabolism, improved circulation and pain-free flexibility—whether you're 20 or 50 or 80 years old. It's fitness for life

FOR MORE ON AGE-DEFYING FITNESS, GO TO WWW.YAMUNABODYROLLING.COM.

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YAMUNA BODY LOGIC™

MAKE NO BONES ABOUT IT: YOUR SKELETON IS THE KEY

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Yamuna Body Logic (YBL) is massage to the nth power. This first step in the Yamuna system is a unique way to systematically explore the landscape of your body. In a private session, an expert practitioner assesses your musculoskeletal system, looking for any compression and tightness—those painful places where you are “stuck.” Your body releases under skillful hands and you gain a new understanding of how your muscles and bones work together. You are left feeling relaxed, better integrated within yourself and ready to move ahead with your personalized fitness program.

FOLLOW THE LOGIC AT WWW.YAMUNABODYROLLING.COM.

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YAMUNA BODY ROLLING™

ROLL PLAY: GET ON THE BALL

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Yamuna Ball Rolling (YBR) doesn't discriminate. It's equally effective for young, active bodies, for older or more compromised bodies and for every body in between.

05

YBR SUCCESSFULLY:

Defines & Elongates Muscles
 Releases Compression & Adhesions
 Increases Total Body Strength
 Relieves Pain
 Realigns Posture
 Improves Balance
 Promotes Flexibility
 Maximizes Breathing
 Elevates Energy & Vitality
 Boosts Metabolism
 Stimulates Nervous, Circulatory
 & Lymphatic Systems
 Reduces Stress & Tension
 Prevents Jet Lag
 Reverses Chronic Conditions
 (osteoporosis, arthritis, fibromyalgia,
 spinal rigidity, disk herniation,
 sciatica, cellulite, constipation, back,
 neck & shoulder pain)

YAMUNA BODY ROLLING

The specially designed balls are pressed deeply into bones and rolled along the length of muscles, according to Yamuna's exclusive routines. These weight-bearing exercises are easy to grasp so you can follow in class or practice them at home. And they can be used to target specific areas that need more focus, so your workout is about your needs. YBR is also a great complement to other sports. Triathletes, dancers, yogis, cyclists, runners, golfers and devotees of Pilates have all reported enhanced performance and fewer injuries as a result of practicing YBR.



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YAMUNA FOOT FITNESS™

KEEP YOUR HEAD GROUNDED & YOUR FEET IN THE CLOUDS

Pedicures are great but feet need more than pampering. In order to support you in sexy stilettos, hiking boots and hard-soled dress shoes, they require the same strengthening, toning workout as the rest of your body. Yamuna Foot Fitness (YFF) is the only system of its kind, designed to keep your feet flexible and pain-free.



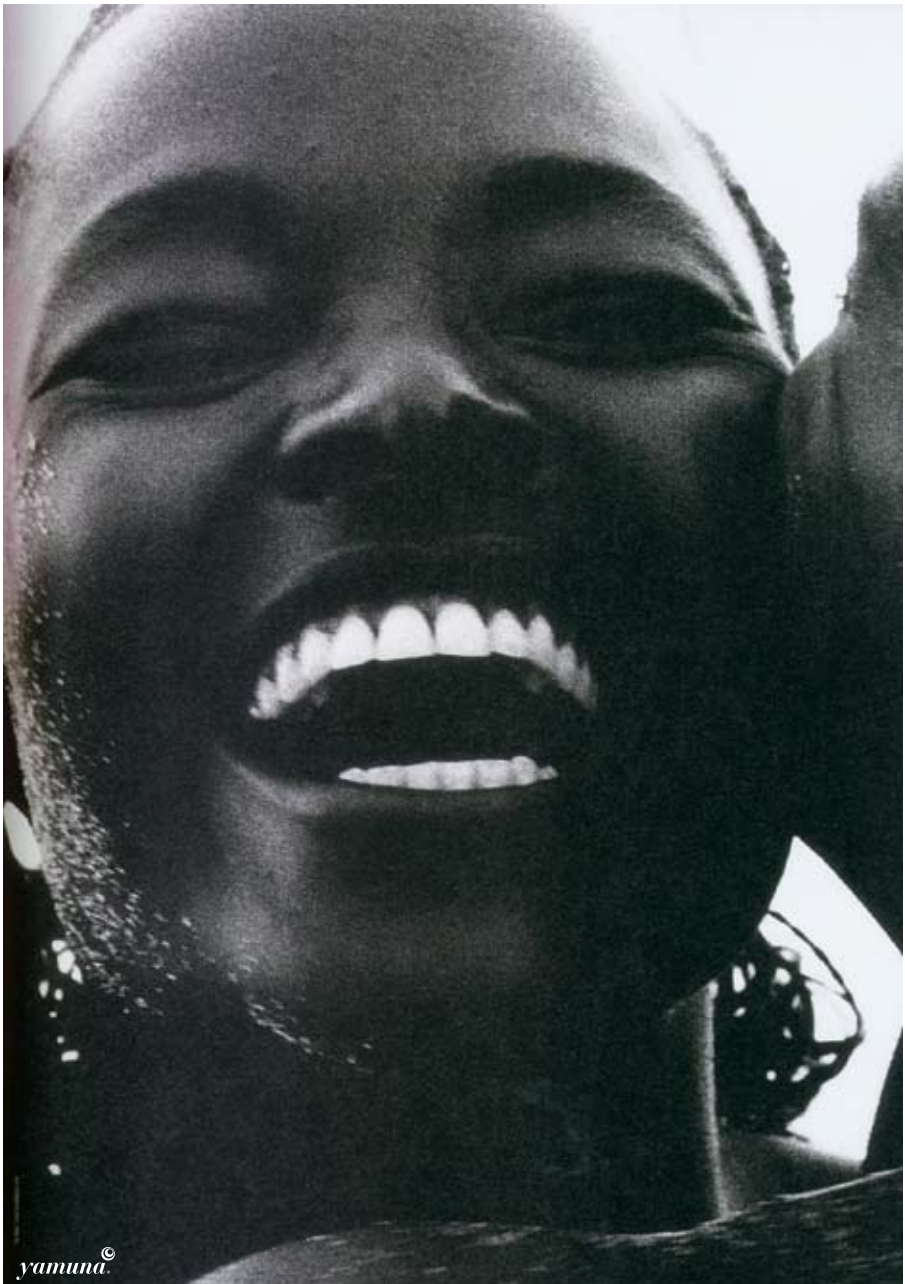
YAMUNA FOOT FITNESS SUCCESSFULLY:

Increases Circulation
Expands Range of Motion
Tones Muscle
Strengthens Arches
Realigns Ankles
Energizes the Extremities
Elongates Leg & Back Muscles
Improves Alignment & Gait

YAMUNA FOOT FITNESS

Simple and effective exercises on our specially designed half-spheres of plastic will totally re-educate your feet to distribute pressure over a greater area, reducing stress on the legs and creating better body alignment. Say goodbye to aching arches and throbbing bunions...

FOR MORE SOLE SEARCHING, GO TO WWW.YAMUNABODYROLLING.COM.



*THE ULTIMATE
NATURAL POST-
SURGERY,
POST-INJECTION,
POST-TOXIN
FACELIFT*

It's time to face the facts about repetitive stress. Furrowed brows, squinting eyes, grinding teeth and clenched jaws are its unwelcome effects from the neck up. On top of that, as we age, our bones shrink and the muscles pull away, causing skin to sag and form wrinkles.

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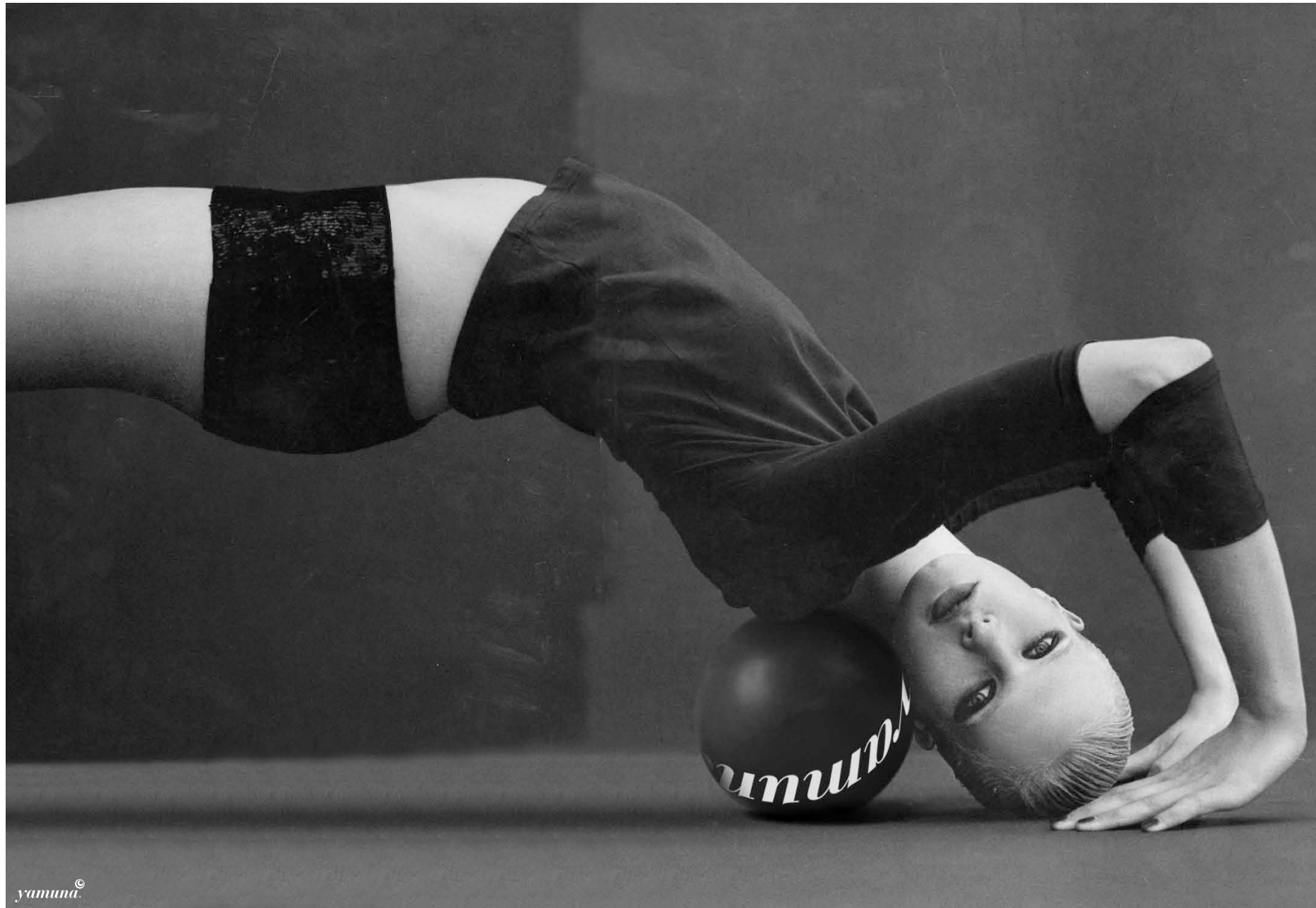
FACE MASSAGE SUCCESSFULLY:

Smooths Wrinkles
Stimulates Bone
Tones Skin
Eliminates Headaches
Relieves Sinus Conditions
Reduces Hearing Problems
Releases Tension
Improves Blood Circulation
Stimulates Healthy Cell Production

YAMUNA FACE MASSAGE

Yamuna Face Massage (YFM) applies the general philosophy of YBR to the face and head with specific ball exercises that stimulate bone while relaxing the muscles around the eyes and jaw. With consistent practice, visible wrinkles are reduced and skin becomes firmer and more toned. And not a single needle in sight.

FOR A HEAD START, GO TO WWW.YAMUNABODYROLLING.COM.





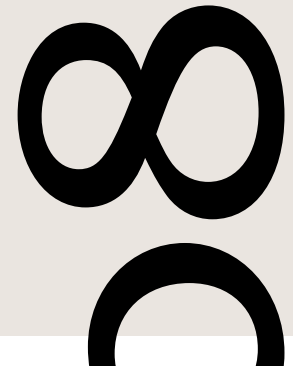
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THE YAMUNA BALLS

ROUND OUT YOUR FITNESS

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Five years of research and development went into Yamuna's phthalate-free fitness balls so they have the precise density, elasticity and resistance required to deliver the greatest benefits. Each colored ball withstands up to 350 pounds and can be quickly deflated for travel or storage with the small but powerful YBR pump.



THE YAMUNA BALLS

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LARGE (copper)

Sinks easily into muscles

Ideal for those with limited flexibility or painful conditions

Use after surgery or when pregnant

MEDIUM (platinum)

Slightly smaller for more intensity

Perfect for routines on the road or in the office

SMALL (cream)

Harder and denser

Works individual muscles

For greater intensity & deeper releases

EXTRA-SMALL (black)

Developed to work knees, calves & ankles

Use as a pair to roll up the spine

Maximizes postures in yoga and Pilates



TO GET THE BALL ROLLING, GO TO WWW.YAMUNABODYROLLING.COM.



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YAMUNA STUDIO

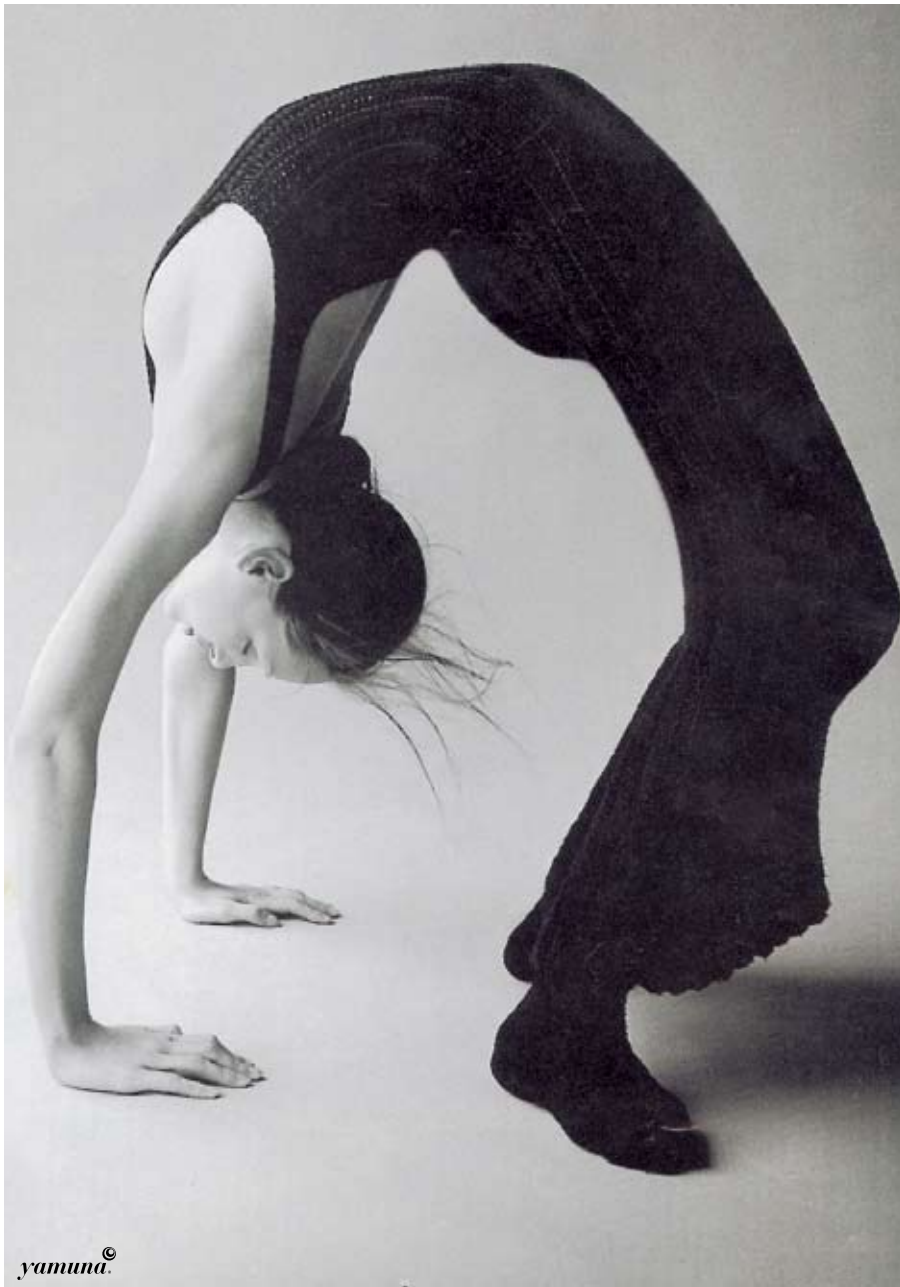
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THE CENTER OF BALANCE

The studio is the epicenter of the Yamuna universe. Located at 132 Perry Street in New York City, it's a large, airy space that conveys a warm intimacy. Within are rooms for group education as well as private hands-on work. Class size is limited to provide ample room to move and individual attention from the instructor. Regular workshops and master classes allow clients to focus in greater depth on particular issues of interest or concern.

TO GET IN ON THE ACTION, GO TO WWW.YAMUNABODYROLLING.COM.





CLASS ACTION

The studio offers group or individual YBR and YFF classes, as well as Yamuna-based yoga and Pilates in which balls are used to maximize stretches and enhance postures. Clients can also sign up for private sessions in YBR and breath work on the ball. All practitioners are certified in their particular disciplines and fully trained by Yamuna Zake in her proprietary teaching methods.



YAMUNA PRODUCTS

ACCESSORIES FOR LIFE

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Yamuna's products play a key role in her fitness system. Created to support the notion of Body Sustainability, they empower individuals to care for their bodies and enhance their fitness and overall health. And some of them also smell fantastic.

YAMUNA BODY BLENDS

Bath Salts, Exfoliant and Moisturizer in Muscle Relaxer and Relief to the Bone formulas, feature unusually high concentrations of powerfully healing, aromatherapeutic essential oils.

YAMUNA DVDS

Paced like a live class, these easy-to-follow instructional DVDs feature Yamuna demonstrating the correct positions and giving adjustments. The series includes Total Body Workout, Abdominal Strengthening, Leg Routine, Sideline Routine and YBR Anywhere.

YAMUNA BALLS

All four sizes of balls are for sale, as well as the YBR pump.

BOOKS

Yamuna Zake is the author of two books about her work: *The Ultimate Body Rolling Workout*, an introduction to the principles of YBR and easy-to-follow routines for the entire body; and *Body Rolling*, the YBR bible designed for professional bodyworkers, with very specific anatomical references.

TO STOCK UP ON YAMUNA, GO TO WWW.YAMUNABODYROLLING.COM.

GLOSSARY OF TERMS

ADHESION [ad-hee-zhuhn]

Trauma to a muscle can cause the formation of scar tissue. The scar tissue is inflexible, so that when the muscle contracts forcibly or stretches, the scar tissue re-tears and the cycle of repair and re-tear starts all over. The result is increased irritation and the development of a painful knot or trigger point, sometimes called an adhesion.

AGE-DEFYING [eyj] [di-fahy-ing]

We have many preconceptions about what it means to be a certain age. As we get older, we begin to condone the inflexibility and pain that may occur as a “natural sign of aging.” If we redefine our expectations of how we can/should feel at a certain age, we can pursue fitness habits that leave us feeling (and looking) better, freer, younger—literally, defying our age.

FITNESS [fit-nis]

This is a loaded term, but we use it to mean simply our individual peak health on every level—physically, mentally, emotionally, spiritually—and living up to our own highest expectations.

HOLISTIC [hoh-lis-tik]

Holism is the idea that all the properties of a given system cannot be determined or explained by its component parts alone. So a holistic approach to fitness and health is one that views physical, mental and spiritual aspects of life as closely interconnected and equally important. The goal is a wellness that encompasses the entire person, beginning with a thorough understanding of the body and how it reflects stress and emotion.

LYMPHATIC SYSTEM [lim-fat-ik] [sis-tuhm]

Among its functions, the lymphatic system is responsible for the removal of interstitial fluid from tissues, thus helping the body rid itself of waste. When this fluid enters the conduits of the lymphatic system it is not pumped through the body like blood but is moved by the contractions of skeletal muscles.

PHTHALATES

Phthalates are chemical compounds that are used to enhance the texture of plastics. Emerging evidence indicates that they may be carcinogenic, toxic and have an adverse effect on hormonal function.

PRACTITIONER [prak-tish-uh-ner]

This is the title conferred upon Yamuna employees who have undergone the requisite training and become certified as teachers and hands-on therapists.

REFLEXOLOGY [ree-flek-sol-uh-jee]

Reflexology, or zone therapy, is the practice of massaging, squeezing or pushing on parts of the feet (or sometimes the hands and ears) that correspond directly to other parts of the body, with the goal of encouraging a beneficial effect on those and to improve general health. Reflexologists posit that the body contains an energy field, an invisible life force, the blockage of which can prevent healing.

SUSTAINABILITY [suh-steyn-uh-bil-i-tee]

We have all become familiar with this term as it refers to the environment and the potential longevity of vital human ecological support systems, such as the planet's climatic system, systems of agriculture, industry, forestry, fisheries, etc. The ideal would be to maintain systems that are productive indefinitely—or “sustainable.” So when used in reference to the body, sustainability refers to the attempt to keep all the systems working productively for as long as possible.

WELLNESS [wel-nis]

Wellness implies a healthy balance between the mind, body and spirit that results in an overall feeling of well-being.