



*Yamaha*®



# *DO YOU YAMUNA?*

Yamuna shows you how to become what you were born to be: the most beautiful and perfect you.

Instead of wishing you could look a certain way, Yamuna helps you realize that your personal, unique ideal is completely attainable. Without dieting yourself into poor health; without the ongoing expense of a personal trainer; and without investing in expensive treadmills or other equipment.

What does it take to achieve your own uniquely perfect body? Yamuna.

[WWW.YAMUNASTUDIO.COM](http://WWW.YAMUNASTUDIO.COM)





**YAMUNA ZAKE**

# *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.

**YAMUNA'S SERVICES INCLUDE**

*Yamuna Body Logic*

*Yamuna Body Rolling*

*Yamuna Foot Fitness*

*Yamuna Face Saver*

*YBR Massage*

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YAMUNA BODY LOGIC™

# *ARE YOU BODY LOGICAL?*

The logical order of the anatomy is exquisite. With each person who has come to Yamuna – and there have been thousands – Yamuna has gained more understanding of what the body needs to correct itself. And how, and where, appropriately skilled hands and a gentle heart can help.

It is through this understanding of the body's anatomy that Yamuna is able to use her hands to assure that your skeletal structure is aligned. Yamuna takes care, however, to ensure that the muscles are also elongated and toned and that your range of movement is unrestricted.

Client after client, after receiving this unique, one-on-one therapeutic session has said, “This is so logical. Why hasn't anyone ever taught me this before?”

She named her work Yamuna Body Logic because that's what it is.

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## YAMUNA BODY LOGIC™

In only one Yamuna Body Logic session, we can begin to “reeducate” your muscles to move more effortlessly, painlessly and logically.

*Yamuna Body Logic creates space between muscle and bone, allowing the body’s perfect circuitry to fire in logical and correct order. This, in turn, allows the body as a whole to perform optimally.*

This therapy is a *must* for anyone with structural challenges who has not been able to find relief elsewhere.

## WHAT IT IS

*A hands-on treatment that works the body with profound precision*

*Applying gentle traction, a trained therapist works each muscle from where it begins at one joint to where it attaches to the next joint; working those muscles and joints in a complete range of motion. This aids the therapist in assessing where you may be “stuck.”*

*Right to left; back to front; top to bottom – we go through your entire body in an effort to put each part back into its most perfect position. This allows your body to move the way it is supposed to: Freely and in perfect alignment.*

*A treatment that includes bone stimulation, a highly important aspect of body work left out of other practices.*

*An actual regimen based on the first session’s findings that is customized to address each individual’s needs, challenges and goals.*

*A treatment aimed at problem-solving that includes at home care skills*

## WHAT IT IS NOT

*Massage*

*Physical therapy*

*Chiropractic*

*A passive treatment*

*A program of multiple sessions and exorbitant cost*



YAMUNA BODY ROLLING™

# *EXTENDING THE GIFTS OF YAMUNA: BODY ROLLING*

How do you transfer a lifetime of experience working one-on-one with other bodies into a solution clients can use on their own bodies?  
*Yamuna Body Rolling.*

Yamuna took a ball, used it as a substitute for her hands, and worked on her own body. What followed was the birth of Yamuna Body Rolling. Another simple, original, and profound idea that hit home because it works. And thus was launched one of the most relevant, new and accessible body freedom training tools commercially available.

Now the vision of what it takes to keep all of us moving through every stage of our lives can be realized.

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## **YAMUNA BODY ROLLING™**

Whether in a group classroom setting or a private, one-on-one class, Yamuna Body Rolling is the natural extension of Yamuna Body Logic. It 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 (vis-à-vis 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*



YAMUNA BODY SUSTAINABILITY™

# *BOLD AND VISIONARY*

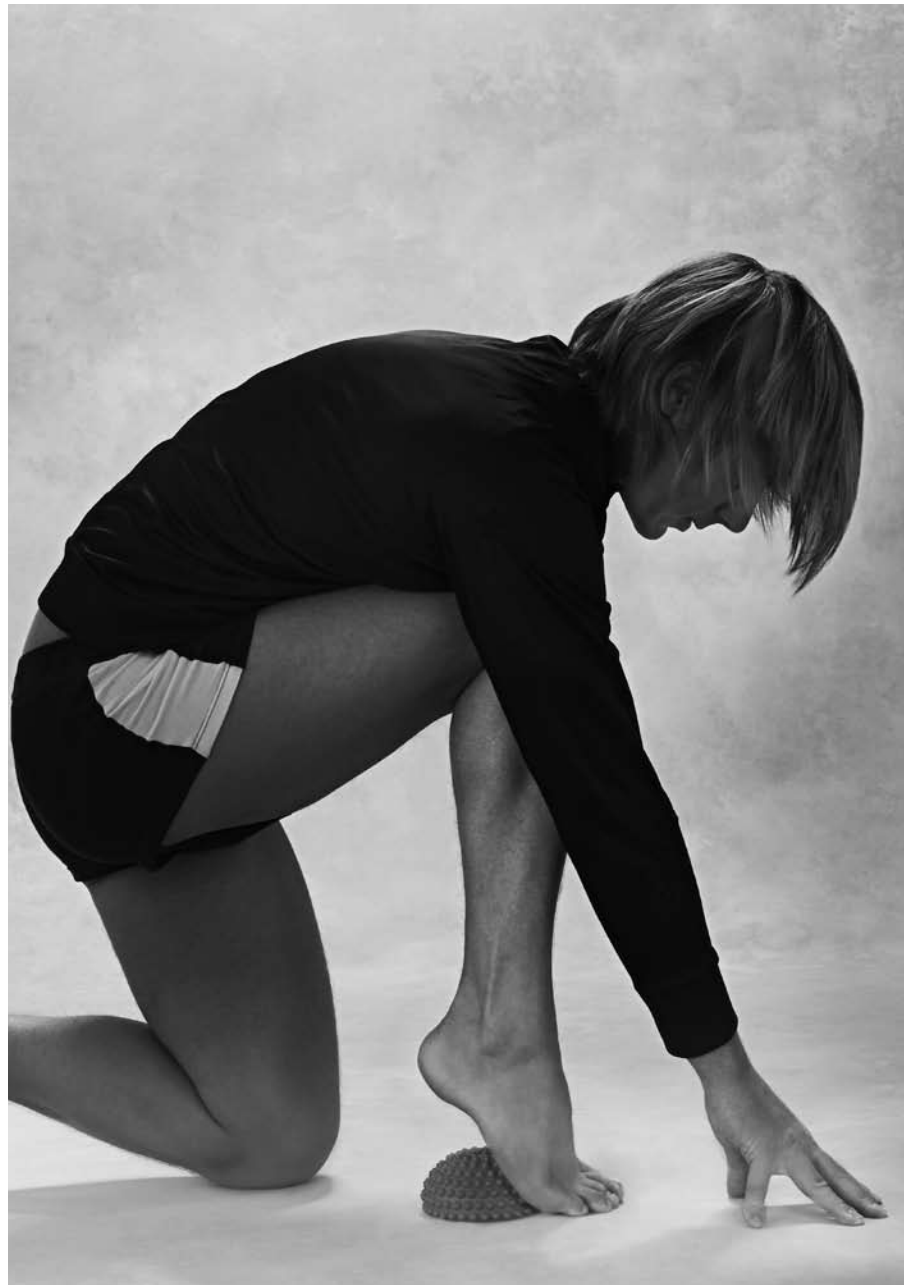
Yamuna is always looking for ways to keep the body free, functioning and fabulous. She realized that traditional fitness regimens often caused many of the injuries she saw in her practice. For just that reason, Yamuna has rejected the traditional labels of the “fitness” industry. In fact, her goal is to undo the damage done in the vast majority of “fitness” regimens.

Yamuna Body Sustainability is more than just a new approach to body care. It is a whole new category of body awareness that responds to the reality that American standards for fitness have, over time, often proved more damaging to the body than beneficial. Yamuna is proud to lead the movement away from regimen-focused fitness toward her own Yamuna Body Sustainability that teaches life-long solutions for flexibility and movement at 30, 40, 50, 60, 70 and beyond.

If you agree, we invite you to join us in our quest for Body Sustainability — in all of its forms.

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YAMUNA FOOT FITNESS

# A STRONG FOUNDATION

Angry and heartsick over the number of clients whose feet were “broken” or causing other major dysfunction, Yamuna turned her attention to the very foundation of our bodies: *The Feet*.

Why was no one telling the public to take care of the most stressed and challenged part of the body? Why are doctors more than willing to prescribe orthotics without also giving the patient the information on how to correct the condition? No one was offering simple, proactive solutions to the problems that were causing people to be in constant pain.

Yamuna understood that simply giving people exercises to do would not result in positive or permanent change. She created the education and tools that anyone, at any age, can use and continue to use throughout their lives.

Taking care of your feet is the ultimate anti-aging supplement.

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## YAMUNA FOOT FITNESS

Everyone has to take care of his/her feet. Yamuna developed quick, concise basics that can be used at any age to improve foot health.

### YAMUNA FOOT BASICS HELPS PREVENT OR ALLEVIATE COMMON FOOT PROBLEMS SUCH AS

*Plantar Fasciitis*

*Bunions*

*Hammer Toes*

*Morton's Neuromas*

*Flat Feet and Fallen Arches*

Yamuna Foot Basics begins with the walking test. This simple test allows you to self-assess your ability to walk using each part of the foot. Then, a class takes you into working the outside edge, the middle, and the inner edge of your foot. Once you have learned how to work all three lines in your feet, a second walking test helps you see how quickly you can correct your stance – and your posture. You literally stand taller when the muscles of your feet are actually supporting you.

## THE TOOLS

*Yamuna Foot Wakers were developed to increase flexibility, bring back movement and separation of the bones of the foot, improve muscle tone, and increase circulation and to “get your shoes out of your feet.” They wake the feet up and get them moving the way they should.*

Yamuna Foot Savers stimulate bone, remove the effects of continual impact on the bones of the foot, and stimulate the reflexology points of the feet (which also stimulates organ function). Foot Savers work more specifically within the different areas of the foot than Foot Wakers to align bone. (Years of wearing tight shoes cause the bones to squeeze together. Yamuna Foot Savers help you straighten each bone out and return it to its natural position.)



## YAMUNA FACE MESSAGE

# *WANT TO SAVE FACE?*

Yamuna knows that the consumer has been led by the beauty industry at large to believe that the biggest threats to looking our best are the sun, pollution and aging.

In fact, repetitive stress patterns are proven to break down every part of our bodies. Squinting, clenching, frowning and grinding cause far more damage to our face structure and skin than the offenders most-often marketed.

Yamuna Face Saver offers a proactive solution to the effects of repetitive stress and sustained tension by stimulating and aligning bone, activating muscle, increasing circulation and tone, and reversing the effects of gravity. Yamuna gives us a new, logical, effective way to approach facial care.

Yamuna Face Saver is crucial to women and men at all ages – 20, 30, 40 and beyond.



## **YAMUNA FACE SAVER**

Developed to feel like your skin, Yamuna Face Saver balls glide easily over the facial structure, directly stimulating bone, improving the health and mass of the bone, thereby delaying or avoiding altogether skin sagging.

As bone shrinks with age, skin sags around it. Also, as gravity takes hold, our heads and neck naturally begin to fall forward. This work lifts bone and muscle so that the skin can once again be supported. Finally, repetitive stresses—various expressions, squinting, jaw clenching, etc.—cause lines and wrinkles to a far greater extent than other offenders.

In a Yamuna Face Saver session, (whether performed with a certified practitioner or at home, by yourself) a small face ball and a larger neck ball are gently worked on your skin against gravity to actually lift your facial muscles back where they are supposed to be.

At the end of one full session, your skin is brighter; your face appears fuller because the bones are activated and your skin is plump due to increased circulation. Results are seen immediately. Benefits are cumulative.



## YAMUNA BODY ROLLING MASSAGE

# *RELAX AS YOU REALIGN*

Initially created for her exclusive relationship with the famous luxury resort and spa, Canyon Ranch, Yamuna took her already-developed Yamuna Body Rolling hands-on work to the table. The one-hour YBR Massage was the result.

What makes this a uniquely body-altering treatment is the leverage allowed by performing the work on the table, thereby using air space for additional exploration of range of motion, and use of the ball as a fulcrum within the body's joints. This allows the trained practitioner to go very deep *without pain*, using the hands as traction on one side and the ball on the other, giving the client a treatment on both sides of the body simultaneously.

There are key joints in the body—the hips, the knees, the ankles, the shoulders—where, over time, we begin to stiffen and find our range of motion restricted. This treatment, while also relaxing and nurturing, offers an absolutely definable increase in range of motion for the vast majority of those who experience this Yamuna service.

The Yamuna Body Rolling Massage is the perfect service in today's world. It is what traditional deep tissue massage wishes it was; all gain with no pain.



# *THE YAMUNA STUDIO*

If home is where the heart is then Yamuna's flagship studio in the West Village of New York City is certainly the heart of the body of work that is Yamuna.

Yamuna, a resident of New York City, knew that her movement required a base of operations where all could go to learn, to practice, and to heal.

Yamuna Studio at 132 Perry Street is "the source" of all evolving work. It is the destination for any who want to empower themselves to learn the simple reality of pain-free, aligned movement. The Studio is a haven for all wishing to know more about the pursuit of the ideal of knowing and freely using the body.

Practitioners the world over make the trek to the Flagship as frequently as their lives allow, in order to continue the important work of changing others lives by giving them the ability to live unrestricted in their bodies.

All who hear the clarion call to a new movement, who have been let down by the current options to supposed fitness; all who live outside the box and seek answers that lead to productivity and success; every body who has ever known that somewhere, there was an answer ... need look no further than Yamuna and Yamuna Studio.



THE YAMUNA HEALING RETREAT

# *FULL IMMERSION*

2009 will bear witness to the debut of The Yamuna Retreat.

*"Give me a week and I will change your life."*

**THE INVITATION** get away from everything that defines your life in an effort to find out how you can *really* be. **THE CHALLENGE** envision your body goal and commit to it. **THE PROMISE** at the end of seven (7) days, you will know how to keep all of the changes you've experienced because you will have the education and the tools to keep it going for the rest of your life.

At a Yamuna Retreat, a small group of no more than ten is personally guided on an intensive journey that is comprised of educational group classes, hands-on diagnostic sessions and therapeutic body treatments, all customized by Yamuna for you.

For the premier retreat, Yamuna is partnering with Enrico Cinzano at his Casa Bianca Estate in Tuscany where all VIP attendees will enjoy the serenity of forty-four lush acres, eating healthy Tuscan food, breathing clean air and receiving healthful body treatments that include Yamuna's specially-prepared clays and body salt scrubs - all while looking out on the beautiful Mediterranean. After three Tuscany retreats, Yamuna plans on taking the Yamuna Healing Retreat to various locations throughout the world.

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# *THE FUTURE IS YAMUNA*

The universe that is the body is infinite. Yamuna's universe is infinite, too. Wherever there is a need for healing the body, Yamuna will put her heart and soul into it.

Her extraordinary body of work is growing exponentially, reaching across all boundaries from the anatomical to the geographical; from the macro to micro and back again; every specialty begets more specialty; and on it goes.

## **SPECIFICALLY, THE FUTURE THAT IS YAMUNA INCLUDES:**

*A Yamuna Spa*

*Yamuna Healing Beauty Products*

*More Yamuna Self-Help Tools*

*More Yamuna Education/Every Part of Your Body Matters*

*More Yamuna Specialized Programs/Pregnancy*

*and Beyond; Menopause; Breast Cancer; etc.*

*Yamuna Classes/YBR-Infused Pilates; YBR Yoga*

Yamuna. The Body Possible.

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132 PERRY STREET, NEW YORK, NY 10014  
t 212 633 2143 f 212 633 1690 [YAMUNASTUDIO.COM](http://YAMUNASTUDIO.COM)