

It's time to bloom!

To karen.alvarez@comcast.net

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"Nothing ever seems impossible in spring, you know."  
L.M. Montgomery

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**It is kind of interesting the first  
few months of the year are in  
Winter. . .**

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At the end of December, many are filled up with good intentions of resolutions and life changes.

I think it is worth considering that January, February, and March are a great time to gather thoughts, consider options, and simmer ideas.

And now. . . now that the flowers are blooming, the weather is warming, and the snow of winter is melting it is the PERFECT time to acknowledge these inner

yearnings and take action. We can take charge of our intentions aligned with the awakening and working energy of nature, in rhythm with all that is around us.

Maybe you already feel it - the extra boost of motivation, the many ideas springing to your mind and your heart, the urge to clean out the closets and get outside. You likely have felt the urge to detox your body, sweat, and get in the sunshine. Maybe big shifts or new beginnings are already happening in your life.

Regardless, now is the perfect time to clear any blocks you may have and open yourself up to align with your health. And by health we mean the fitness of your body, mind, and spirit.

We are here with you, to support you. Tell us about what you have planned, let us champion you, support you, encourage you, and celebrate with you.

You will see that we have alignment workshops, yoga nidra, reiki healings, kirtan, full moon ceremonies, hiking and more awaiting you. So many wonderful options to get out there and focus on YOU.

That is what our special community is about =) The opportunities are here, all you have to do is walk through the door. <3

# **New Class!**

SMOOTH SATURDAY SLOW FLOW WITH BOBBY



# Upcoming Events



*Bobby invites you to*

# THE YOGA NIDRA SERIES

*Spring Clean Your Brain*

**APRIL 8TH | ROSEVILLE**  
**APRIL 15TH | AUBURN**  
**6:45 PM**

Training yourself to be more mindful is extremely beneficial for your long-term peace and clarity. Join Bobby for your monthly meditation and learn to focus and calm your thoughts and access a deeper level of inner awareness.

- Detox your mind from negativity
- Increase the capacity for self-healing
- Develop a deeper sense of peace and tranquility

**TEXT BOBBY TO REGISTER**  
**916-677-7825**

**\$20 PER SESSION**  
**VENMO BOBBY-UPPAL-1**



**Yoga Nidra Series**  
**Friday, April 8th 2022**  
**Roseville Studio**  
**Friday, April 15th 2022**  
**Auburn studio**  
**6:45pm - 8:00pm**

### **Spring Clean Your Brain**

Spring always feels like such a time of renewal and awakening. People often use it as a reason to “spring clean” their homes—to tidy up and make things feel fresh and new. Reorganizing all your closets, cupboards, and drawers can help you feel re-energized, but doing a cleanup of your mind and brain can really help you feel like you are starting the season with a clean slate.

If you are looking for a fresh start, why not begin by doing a little spring cleaning on your mind?

While people sometimes make the mistake of thinking meditation is just for relaxation, there has been plenty of research to demonstrate the powerful impact that meditating can have on the mind and body. Training yourself to be more mindful is extremely beneficial for your long-term peace and clarity.

Join Bobby and our Nidra family for our monthly meditation and learn to focus and calm your thoughts and access a deeper level of inner awareness.

- Detox your mind from negative thoughts

- Increase the capacity for self-healing
- Develop a deeper sense of peace and tranquility

Text Bobby to register | 916-677-7825  
\$20 Venmo Bobby-Uppal-1

**FOUNDATIONS AND ALIGNMENT  
WORKSHOP**



**April 2nd and 9th 12-4, Auburn Studio  
With Melissa Scharlach and Chris Farrell  
Call Melissa at 916.217.1759**

In this workshop you will learn pre-practice prep, foundations and alignment of the poses that make up a flow class, breath work, transitions, self-care, and even some more advanced poses.

Whether you are new to your practice or looking to build upon what you already know, this intensive hands on alignment instruction workshop is dedicated to your body and is the place for you. Taking place over 2-weekends, we will provide you with 8 hours of hands-on instruction in a small group setting.

**Workshop size is limited, signup early to save a spot and save \$75 per weekend or \$125 for both is reserved by 3/31**



**Saturday, April 9th  
Foundations and Alignment Workshop  
Auburn Studio  
12:00pm - 4:00pm**

"The alignment workshop was a truly great experience for myself and those that attended. Melissa and Chris did a fantastic job breaking down the poses and showing us how to do them correctly. The knowledge I gained has already greatly impacted my practice and I look forward to attending classes more then ever before. The workshop is a must for anyone that practices yoga, at any level."

*Our First Saturday of this workshop series went AMAZING. The four hours flew by, and all of our students, from new practitioners, to yoga instructors, to seasoned yogis, walked away with a new depth of knowledge on EVERY pose we worked on.*

*We have one Saturday left, where we will quickly recap the previous poses and continue to work in depth on common poses - and common mistakes. We have less than 5 slots available for this workshop - if you are interested, message Melissa as soon as possible at 916.217.1759*

Do you ever wish you could get in-depth alignment assistance on every vinyasa pose, attuned to your unique body?

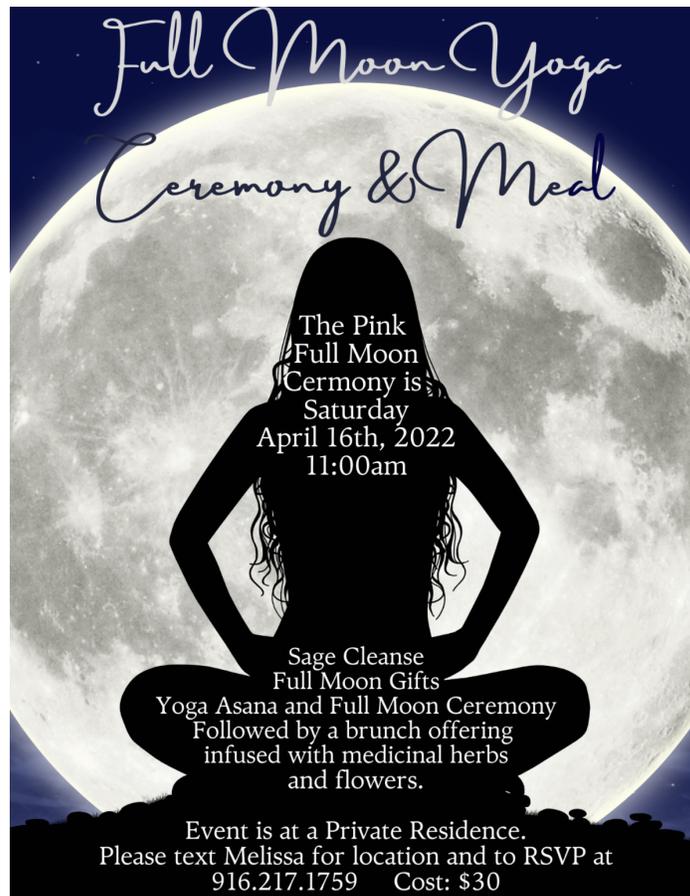
If you do, this workshop is for YOU.

This unique, intimate and intensive experience has a very limited capacity to allow for a deeply instructional and hands on experience of vinyasa yoga alignment.

In addition to learning the basics of yoga pose anatomy, alignment structure, and yoga foundations, we are also sharing our pro tips for pre and post yoga session body maintenance.

We look forward to working with you to take your yoga practice to the next level.

To Reserve your spot (space is very limited!) please text Melissa at 916.217.1759  
**Our next Alignment Workshop Series will be July 16th/23th**



**Saturday, April 16, 2022**  
**Full Moon Yoga**  
**Ceremony and Meal**

**11:00am - 1/1:30pm**  
**Private Residence**

Our Full Moon Yoga Series is back, now that the weather has shifted! It looks like it will be perfect for this event!

Full Moons can leave us feeling stirred up, and our ceremonies are intended to use the full moon energy to dive deeper into a grounded self.

We learned from all the outdoor ceremonies last year and are choosing to to a Midday Yoga and Brunch for April (to help you prepare for the full moon's peak that evening).

When the weather is warmer in May, we will resume sunset Full Moon Yoga :-)  
(Save the Date! May 15th!)

We always want to gather after the full moon ceremonies, so to facilitate this yearning we are offering an Herbal brunch, infused with flowers, superfoods, roots, and more to help your body ground and be deliciously satisfied after your full moon ceremony.

Yoga will be on a beautiful very large deck with a cover, overlooking wildflowers, trees, and flowing water.

Please RSVP for this event so we can plan our full moon gifts as well as our meal!

Hosted by: Melissa Scharlach (Reiki Practitioner, Massage Therapist, Yoga Instructor) and Erin Falconer (Herbalist, Doctor, Yoga Instructor, and Kitchen Shaman).

To RSVP, please contact Melissa at 916.217.1759  
Cost: \$30, includes Meal. Venmo Melissa-Yoga

## **EASTER SCHEDULE**

There will be a 9am class at each studio this Easter Sunday, April 17th.

Auburn: 9am - 10:30am Hybrid with Mary Jane

Roseville: 9am - 10:30am Flow with Melissa

Normal schedule will resume Monday, April 18th.



**Saturday, April 23rd  
Kids Yoga Workshop  
Roseville Studio  
12:00pm - 1:30pm**

Our Monthly Kids Yoga class is a fun way to introduce your child to yoga poses, breathwork, and positive affirmations in the context of fun, games, crafts, and giggles.

In April, we are going to celebrate Spring and EARTH DAY!

Parents are welcome to stay with their littles, or drop them off for 90 minutes (as long as they are potty trained!) for this fun experience.

Melissa Scharlach and Erin Falconer are both yoga mommies who enjoy this class as much as the kids do. We have such a sweet regular group, and we hope you will join us.

Open to any child, but the class is geared toward those aged 2-10.

Cost is \$20/child (includes materials), \$10 for any additional child.  
To RSVP, or if you have questions, please contact Melissa at 916.217.1759  
Venmo Melissa-Yoga



Reiki  
ENERGY  
IMMERSION

April 24th | April 30th  
2:30-4:30pm | 2-4pm

Join Bobby & Karina for a workshop that embodies peace & clarity  
AUBURN STUDIO: \$35 prepay, \$45 day of



the healing  
EXPERIENCE

- Reiki Treatment
- Restorative Yin
- Guided Meditation
- Sound Bath

LIMITED SPACE AVAILABLE  
RSVP TO BOBBY AT 916-577-7825  
VENMO @BOBBY-UPPAL-1

**NEW DATE ADDED**  
**Saturday, April 24th**  
**2:30pm - 4:30pm**  
**Auburn Studio**  
**Saturday, April 30th**  
**Reiki Energy Immersion**  
**Auburn Studio**  
**2:00pm - 4:00pm**

Saturday, April 24th- 10 spots available!

Saturday, April 30th- 1 spot left!

Join Reiki Practitioners, Bobby and Karina, for a workshop that embodies peace and clarity.

Reiki healing

Restorative yin

Guided meditation

Sound bath

Karina and Bobby have endured life changing challenges that ultimately led them deep into their own transformation and healing process. Through the journey, they have learned how to guide their souls to lighter paths and are empowering others to do the same in their Reiki healing workshop.

In this soul elevating experience, they will help you tap into your inner energy channels that will revitalize, heal, and nurture positive change from the inside out. Practice opening yourself to the subtle energy of light to restore peace to your being as well as put you in touch with your own healing energy.

With a focus on providing energetic medicine, you will be led through Reiki Japanese techniques, gentle movement, restorative yin, guided meditation and an entrancing sound bath to bring deeper healing and help you uncover your soul's gifts and innate healing wisdom and power.

We invite you to experience this ultra relaxing healing immersion that will leave you with a sense of personal resilience and emotional liberation.

NOTE: Book in advance. Space is limited

Text Bobby to register 916.677.7825  
\$35 prepay | \$45 day of  
Venmo: Bobby-Uppal-1

# BUTI

MVMNT MEDICINE

## Buti Yoga & Healthy Living Workshop



**FREE**

Eastwind Auburn  
April 24th 11am- 12:30  
Rose West - 5304010783

SWEAT WITH INTENTION

**Sunday, April 24th**  
**11:00am - 12:30pm**  
**Auburn Studio**  
**Buti Yoga and Healthy Living Workshop**  
**FREE!**

Join us for a complimentary Buti Yoga class at the Auburn studio.

This is a 1 hour class coupled with a short nutrition chat and sampling!

Move, sweat, release stress and tension in the body, awaken your “wild” in this upbeat class that combines primal movement, yoga asana, Pilates, strength training, and tribal dance.

Questions? Contact Rose at 530-401-0783



**Friday, April 29th**  
**6:30 - 8:00pm**  
**Auburn Studio**  
**Kirtan!**

Drop in at the East Wind Auburn for a high vibe Friday night! Come enjoy refreshments, socialize & sing along with our amazing community.

What to bring: yourself, friends, a cup for tea/water bottle and cash if you'd like to make a donation.

What to wear: whatever makes you feel great and is comfortable to sit in.

Please feel free to reach out to Gabrielle with any questions! (916)337-6386

See you there!! <3

# May Sneak Peak

We have so many offerings planned for the next few Months!  
Plan ahead by checking out our upcoming offerings here!



**Friday, May 6th, 2022**  
**Free Community Music Night FUNDRAISER**  
**Auburn Studio**  
**7:00pm - ???**

Melissa here :) For my birthday this year I wanted to do a fundraiser. I chose "[Acres of Hope](#)", located in Placer County, after learning about this amazing place from a friend who volunteered there. They help homeless women and children, providing hope and support to help ensure they are never homeless again. At a dark period of my life, organizations like this helped me and I vowed to contribute to them when my situation was better. I intend to keep that promise. This will be my 3rd fundraising event for community based services.



Paul and I's band, Mojo Myth, will play a set this evening after Chris' 5pm class with our newest talented bandmate Amber (Who is also a new EWY member!) Get ready for some top hits from the 60's till now!

Any other musicians/singers/talents who want to perform, please reach out, we would love to have you!

We invite you to come, bring anyone you wish, and enjoy live music. I will have some beverages and snacks available, and invite you to bring some too. My vision is a night together where we enjoy our community, while benefiting those in need. I will have details in the April Newsletter on what the charity is in need of.

Thanks for considering my birthday wish! (And my invitation to spend my last Friday night of 35 with me! =D )  
For details please text me at 916.217.1759



Also, while we are talking about giving, I will have a special treat for all the mamas (and honorary mamas) on Mothers Day. Its my actual birthday this day and I want to spoil all you women/men who inspire me, and helped me grow as a mama myself. I hope you can come to Roseville for the 9am or 11am class! (If you can't, come stop by the lobby after!)

Love, Melissa :)

**BUTI YOGA CLASS**  
May 7th  
11am



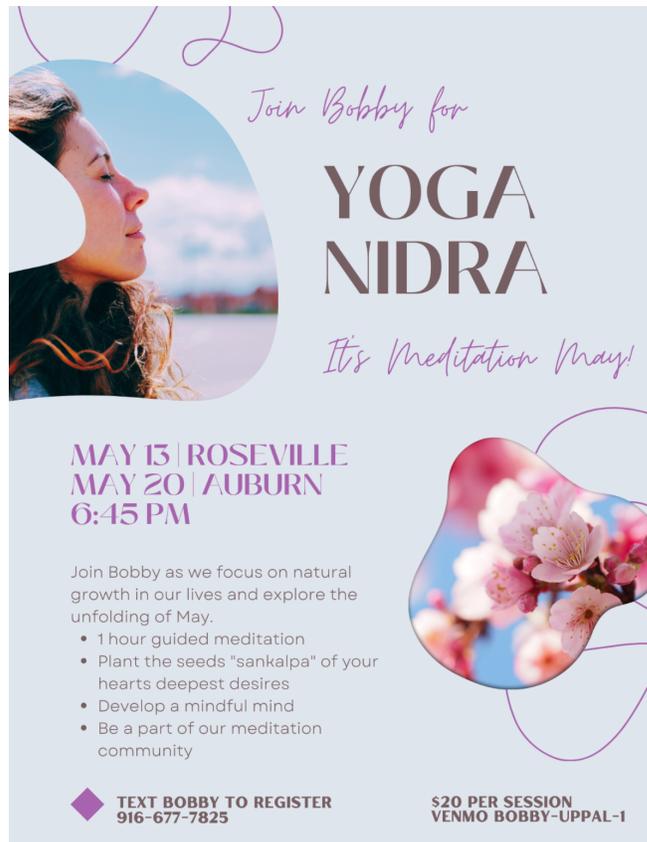
Eastwind Roseville  
75 minute class  
\$15 Registration  
Rose-530.401.0783

Saturday, May 7th

**11:00am - 12:15am**  
**Roseville Studio**  
**Buti Movement Class**

Buti is a soulful blend of power yoga, cardio-intensive tribal movement, conditioning, and deep abdominal toning!

The beat-blended movements will get you out of your head and into your body!  
Come awaken your wild with us in this 75 minutes specialty class!  
And bring a friend... it's even more fun that way!



Join Bobby for  
**YOGA  
NIDRA**  
*It's Meditation May!*

**MAY 13 | ROSEVILLE**  
**MAY 20 | AUBURN**  
**6:45 PM**

Join Bobby as we focus on natural growth in our lives and explore the unfolding of May.

- 1 hour guided meditation
- Plant the seeds "sankalpa" of your hearts deepest desires
- Develop a mindful mind
- Be a part of our meditation community

◆ **TEXT BOBBY TO REGISTER**  
**916-677-7825**

**\$20 PER SESSION**  
**VENMO BOBBY-UPPAL-1**

**Yoga Nidra Series**  
**Friday, May 13th 2022**  
**Roseville Studio**  
**Friday, May 20th 2022**  
**Auburn studio**  
**6:45pm - 8:00pm**

Join Bobby as we focus on natural growth in our lives and explore the unfolding of May.

1 hour guided meditation

Plant the seeds  
"sankalpa" of your hearts deepest desires

Develop a mindful mind

Be a part of our meditation Community

Text Bobby to Register. 916.677.7825  
\$20 per session, Venmo Bobby-Uppal-1



**YOGA VIXEN IS BACK  
MAY 14TH!  
Roseville Studio  
6:00pm - 8:00pm**

This one is CO-ED!

That is right, we are going to teach the men to DANCE!

This will be so much fun :)

We know you loved your "lucky lover" routine you learned last month, now lets all come together in this 2nd chakra yoga experience.

What to wear:

MEN: Shorts (not boxers) under loose pants, and 2 Shirts (One to take off, and still have one on underneath)

WOMEN: Sports bra under loose shirt, shorts under loose pants.

**We are limiting capacity - please RSVP Ahead of time.**

Registration is complete with payment. \$27 Early Bird (April), \$32 May, May cancel for full refund up to 14 days before the event.

To RSVP, please contact Melissa at 916.217.1759



**Sunday, May 15th**  
**Full Moon Yoga**  
**Private Residence**  
**Time TBA (evening for sunset)**

Full Moon gatherings are so special. Something about doing yoga outside, with the elements of nature on such a cosmic day, with the rituals of group ceremony, live sound, and guided meditation are like nothing else.

We do our best to make these events significant, communal, and connected.

Melissa Scharlach and Erin Falconer are teaming up to engage all the senses in this yoga experience.

Yoga will be on a beautiful very large deck with a cover, overlooking wildflowers, trees, and flowing water.

Please RSVP for this event so we can plan our full moon gifts as well as our meal!

Hosted by: Melissa Scharlach (Reiki Practitioner, Massage Therapist, Yoga Instructor) and Erin Falconer (Herbalist, Doctor, Yoga Instructor, and Kitchen Shaman).

To RSVP, please contact Melissa at 916.217.1759



Join Karina and Bobby for

## PARTNER YOGA WORKSHOP

Bring a partner for yoga  
poses & stretching

\$15 per person  
Roseville

Sat, May 21  
3-4:30 pm

Text Bobby to RSVP 916-677-7825  
Venmo Bobby-Uppal-1

**Saturday, May 21st**  
**Partner Yoga**  
**Roseville Studio**  
**3:00 - 4:30 pm**  
**Led by Bobby and Karina**

Bring a partner, friend or family member for a fun-loving active way to develop trust, improve communication, and most importantly, share laughs, as we work together to strengthen our bodies. This workshop will nourish both your practice and your heart as you flow into yoga poses with the help of a friend.

Text Bobby to register | 916-677-7825  
\$15 per yogi | Venmo Bobby-Uppal-1



**Saturday, May 28th  
Yoga and Sound Healing  
Auburn Studio Studio  
2:00pm - 4:00pm**

Paul and Melissa continue their sound healing series in May on Saturday the 28th!

Restorative Yoga, Guided Meditation, ceremony and pranayama are the basis of the first hour of this workshop, providing the body to be in ease to transition to the second portion of the workshop: The Sound Healing.

In the second hour, lay comfortably with props as we take you on full sound healing meditation journey, including 7 Crystal Sound Bowls, Rain Sticks, Shamanic drum, Ocean Drum, Chimes, Acoustic guitar, Native American flute, and more!

As with every sound healing, Melissa and Paul are always adding to our collaborative experience a new element, and we can't wait to share what's in store for this one. We also will have a gift for you to take home, to help extend the healing journey beyond the workshop space.

Please RSVP for this event at 916.217.1759  
Cost: \$30 Prepay, \$35 Day of  
Venmo Melissa-Yoga

## **Additional Community Offerings**



**Karma Classes  
Auburn Studio  
Mondays  
9:00am**

Enjoy a free class on Mondays at 9:00am in Auburn with Julie Granat.

This is our way of giving back to you for all of your community support.



**Another Year of Hiking**

We have been hiking since the pandemic started in 2020, and we are still going strong.

Want to join us? Its a great oppotunity for you to get out, hang out with our community and enjoy nature.

To find out the trail of the day, text Scott at 916.613.9337

We love sharing this journey with you. Thanks for being the best part of our community.

Much Love,  
The East Wind Yoga Staff

Connect with us



East Wind Yoga | 210 Riverside Ave, Roseville, CA 95678

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