



"You do not decide your future; you decide your habits, and your habits decide your future"
—Dr. Mike Murdock



**Every action we take is a vote
for what we want in the future.**

"Every action you take is a vote for the type of person you wish to become."

No single instance will transform your beliefs, but as the votes build up, so does the evidence of your identity.

This is why habits are crucial. They cast repeated votes for being a type of person."
- James Clear

If you are like me, you are eating delicious chocolate this week thinking about your workout routine you have scheduled next week. Maybe you aren't like me, and your workout is already on point, but there is something missing from your life that you desire.

These thoughts usually manifest into New Years Resolutions, but this year, consider transitioning this verbiage into New Year Habits. Habits are what actually create change.

James Clear, the author we quote above, shares an anecdote in his book "Atomic Habits" about an overweight gentleman who showed up at the gym every day, walked in, worked out for no more than 5 minutes, and left.

He would do this every single day.

We can look at this story and think, wow, what a waste of gas and time to just walk in, do so little, and walk out. How can he ever get results this way?

Or we can look at the amazing gift he is giving himself of a habit.

By repeating this habit every day, the gym is in his daily routine. It is part of his unconscious, autopilot of his mind. It becomes as ritual as brushing his teeth, or a morning cup of coffee.

Before you know it, he lost 100 pounds, because after his habit was formed he could focus on the next step - intensity.

Often times we make a new year goal, like "I want to lose 10 pounds by my birthday", or "I want to do handstands", but is this the most productive place we could start? What if, instead, we first focused on the system that will support the goal instead of the actual goal?

For example, setting a schedule of yoga classes to attend each week, creating a routine of getting to the studio, getting on our mat and breathing. Once we have the system, we can improve the work done within it, but getting the habit of going is the ideal place to start. If it feels too big, we may burn out. If we are pressuring ourselves to do every pose in every class, we may overwhelm ourselves into not showing up at all.

Lets make a habit this year of showing up, for ourselves.

This can be applied to anything - eating healthier, taking more time for self care, learning an instrument, etc. Slip it into your daily routine in a low stress and manageable way, let it naturally transition into part of the structure of your day, then improve on its progress.

Whatever your goals are for the new year, we know you can attain them.

We also would like to support you in any way we can. Check out our latest offerings, and let us know what we can additionally offer you to help in your journey to your best, most connected self.

We are in this together :)

The Habit - A Poem, by Anonymous

I am your constant companion.

So I am your greatest help or heaviest burden.

I will push you onwards or drag you down to failure.

And I am completely at your command.

Half the things you do you might just as well turn over to me and I will do them quickly and correctly.

I am easily managed; you must merely be firm with me.

Show me exactly how you want something done and after a few lessons, I will do it automatically.

I am the servant of all great men and women and, alas, of all failures as well.

Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with the precision and repetition of a machine, plus the intelligence of a human.

You may run me for profit or run me for ruin, it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?

I am a Habit.

New Teacher!



Welcome Karina Alamanza!

*“You either walk inside your story and own it,
or you stand outside your story and hustle for your worthiness.”*
- Brene Brown

Karina found her practice at a time in her life when she thought she knew herself well. She fell in love with the self discovery component because it allowed her to find her true self and she reflected the following: “I invested significant time into learning the stories of the people around me. Through yoga, I realized that I neglected to learn my own. I believe yoga is a vessel to teach us the truth about who we are, what we believe, what we came from, how we struggle, and how we are strong.”

Yoga has taken her to a new depth of self awareness and mental endurance, as well as a deeper connection with her spirit. Karina explains, “Our lives are a collection of stories. Having the strength to share our story and stand bravely in our truth is the essence that instills peace and joy. When we learn to let go of what people think, and own our story we gain access to our worthiness - the feeling that we are enough just as we are, and that we are worthy of love and belonging. My practice led me to this realization.”

With an extensive background in dance and fitness, and a decade of teaching our youth, she seeks to help others thrive in life by nurturing body, mind and soul with yoga, and helping people realize their own truth and share their story.

Karina is known for her authentic, non-judgmental, sincere approach to life and her compassion-centered philosophy. She encourages growth of the physical and spiritual self, citing the interconnectedness to each other, to the world and to the universe at large. She likes reading, dancing, and believes a bean burrito can cure any bad day.

We are excited to welcome Karina to our team of teachers. Find her in Roseville on Sunday mornings at 7:30am for an hour flow.

East Wind Roseville
Starting January 2nd

WELCOME
Karina Almanza

Sundays | 7:30AM

Our lives are a collection of stories & I hope to learn yours.
See you for our Sunday flow.

Holiday Schedule

All classes will be as normally scheduled with the exception of New Years Day.

On January 1st, there will be one regular class at each studio

Roseville: Flow with Bobby, 9:00am - 10:30am

Auburn: Hot with Scott, 10:00am - 11:30am

We have a special New Years Eve Glow Flow and a New Years Day Intention Setting Ceremony as well! Check out the details below. . .

Upcoming Events



Friday, December 31st 2021
New Years Buti Glow Flow
Auburn Studio
7:30pm

Ring in the New Year with us at this super fun Buti glow flow event!

This will be a 90 minute class but come early to hang out and get your body + face painted!

Complimentary community event... invite your friends!!!

Wear your whites and neons! Mat, towel, and water recommended or rent one from the studio!
\$10 per person



Saturday, January 1st 2022
New Years Ceremony and Intention Setting using the 5 Elements
Auburn Studio
3:00-5:00pm

The New Year is upon us, and Melissa and Erin have created a special Ceremony to help you cleanse and release the past year, and welcome in the vision for your 2022.

All 5 Elements - Water, Fire, Air, Earth, and Ether - will be used in this experience. Guided Meditations, writings, pranayama (breath), and asana (postures) will be used to help you journey through to the core of what you don't want anymore, what you do want, and tools to help you visualize and manifest it.

Crystal Sound Bowls will be played, yin yoga will be practiced, and everyone will leave with a kit for their own ceremony for the next day - The first New Moon of 2022, including a botanical face mask, herb infused bath salts, candle and vision board for the new year.

We hope you will join us in planning an amazing 2022!

Cost is \$30 (to pay for materials)
Text 916-217-1759 to Register
Venmo Melissa-Yoga



Saturday, January 15
Chakra Alignment Yoga and Sound Healing
Auburn Studio
2:00pm - 4:00pm

We have come full circle to our yearly Chakra Sound Healing Workshop.

Every year it has been a packed house as students anticipate the poses, mantra, and crystal bowl played for each chakra, followed by a 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



**Kids Yoga!
January 22, 2021
Roseville Studio
12:00-1:30pm**

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.

Last month we did all the poses of winter, told our own winter wonderland stories with yoga poses, decorated snowflakes, had sled races, and learned about what happens when the seasons shift to Winter. We also took time to connect with each other, learning about what we love about winter, as we develop our own kid community at the studio.

We can't wait to share with you what we have in store for January!

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.

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



Sunday, January 23rd
Bhakti Brunch
Auburn Studio
11:00am-1:00pm

“Kirtan is for all people. There are no masters of kirtan, no experts, no teachers, no advanced students, no beginners. The practice itself is the teacher, guiding us to ourselves.” - Jai Uttal

Join us in leaving the logic of the mind and what we think we know and open up to the mystery. Bhakti Brunch is a coming together, collectively rising the vibrations and offering it up.

This event consists of a Vinyasa Yoga Practice and Kirtan. Kirtan is call and response chanting with the use of sacred mantras and instruments. The Yoga is lead by Gabrielle & the kirtan by Rodney and Chuck.

We hope you will join us for this special experience.

To Register, please contact Gabrielle at (916) 337-6386



Bobby announces

THE YOGA NIDRA SERIES

Open to love

FEBRUARY 11TH, 6:45 PM

Join Bobby in Roseville for the first of 10 Nidra meditations. The series will kick off with an intention setting ceremony before we dive deep into our healing power.

- Access a deeper level of inner awareness
- Increase the capacity for self-healing
- Release unwanted tension, habits and self-limiting beliefs
- Create a sense of self acceptance and peacefulness



**TEXT BOBBY TO REGISTER
\$20 VENMO @BOBBY-UPPAL-1**

**916-677-7825
ROSEVILLE STUDIO**

**Friday, February 11
Yoga Nidra
Roseville Studio
6:45pm - 8:00pm**

And we're back! The 2022 Yoga Nidra Series is here.

Join Bobby for a series of meditations to learn how to heal with intent. In his monthly Nidra offerings February through November, Bobby takes you through a beautifully guided meditation that will leave you feeling relaxed, present, and rejuvenated. He teaches you how Nidra can be used as a tool to bring us home to ourselves and helps you dive deep into the subconscious mind finding that quiet calm inner peace we so desperately crave.

As the new year begins, we will focus on working with elements of Mother Nature to align ourselves with her seasons. Each month features a carefully designed script to infuse elements of the earth and bring the seasons attributes to life. The January and February months represent cleansing, fresh starts, and invites new beginnings.

As snow and ice lay on the ground, the cold weather freezes time, giving us a moment to pause and turn inward to set intentions.

The benefits are endless and can be life transforming.

Access a deeper level of inner awareness
 Increase the capacity for self-healing
 Release unwanted tension, habits and self-limiting beliefs
 Create a sense of self acceptance and peacefulness

Awaken your inner potential & restore optimal function for the body, senses, and mind

You will...

Participate in an intention setting ceremony.
Practice scanning your needs to move your intention and awareness through your body.

Reflect and learn ways to integrate this practice into your day-to-day life.

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



Saturday, February 12
Yoga Vixen
Roseville Studio
6:00pm - 8:00pm

This one is for the ladies, and just in time for Valentine's Day!

Megan Tennell, the Yoga Vixen herself and guest teacher, will lead us through a sensual yoga class, and into a burlesque sequence, designed to help you embrace and express your inner sultriness.

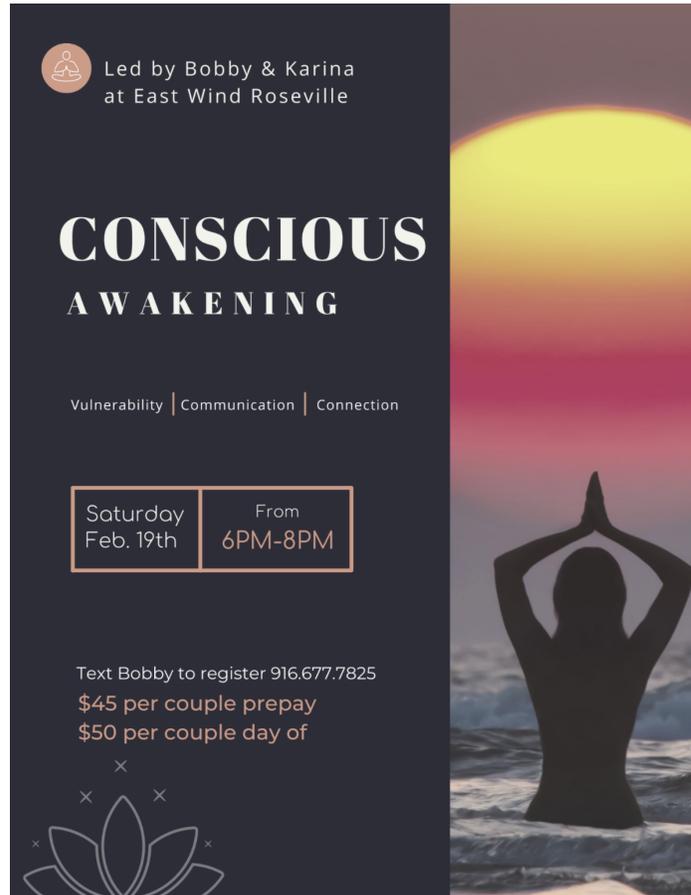
Our last class was EPIC. I've never heard the community cheer on each other as loudly, enthusiastically, and lovingly as they did in this space. This is a very unique class, and we are so grateful to have it at East Wind!

WHAT TO WEAR: Please wear yoga shorts under looser fitting pants, and a looser shirt over a sports bra. If you are up for it, you can wear something more

provocative under your pants/shirt.

If you would like to attend, please RSVP as soon as possible to 916.217.1759.

PREPAY: \$25 till January 31, \$30 After
Must Pay to Reserve Spot
No Refunds given within 7 days of the event.
Venmo Melissa Scharlach at @Melissa-yoga



Saturday, February 19th
Conscious Awakening Partner Workshop
Roseville Studio
6:00pm - 8:00pm

A must-go to partner workshop...

This partner workshop is intended for anyone interested in developing a deeper relationship and connection with themselves and others. Conscious awakening means to activate your inner awareness to those around you, to the earth, and the universe as a whole; it means to be woven together; To weave or web energy with another. It is the practice of being in a full relationship with life—a living connection with what is: opening yourself—your senses, your awareness, your emotions—to the present moment and experiencing reality from that place of openness. To us, it's an intimate relationship with yourself and others that's grounded in and guided by truth.

Conscious Awakening is a spiritual path that works toward mindfulness and connection outside of oneself, in all aspects of life, with the ultimate goal of chakra alignment and true enlightenment. It includes breathing, sounds, and movements to activate your internal energy.

Realizing your internal energy isn't only focused on reaching a higher state of mind-body consciousness. It can also be about creating a deeper, more harmonious bond with yourself and in your relationships. Consciousness allows you to explore and expand all aspects of your personality, so that you begin to truly know yourself and become open to living your truth and deepening your level of connection with others.

Text Bobby to register 916.677.7825
\$45 prepay | \$50 day of (Prices are for 2 people)

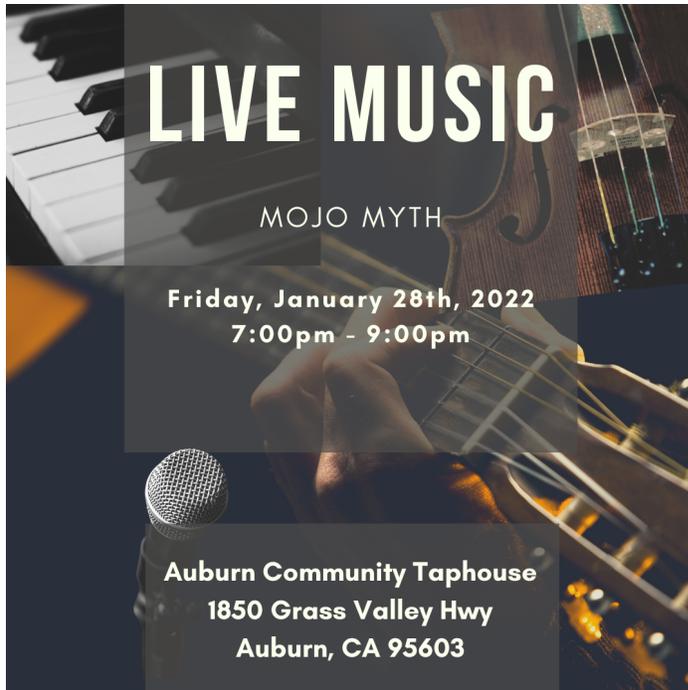
Additional Community Offerings



Karma Classes
Auburn Studio
Mondays/Tuesdays
9:00am

Enjoy a free class on Mondays at 9:00am in Auburn with Julie Granat, or Tuesday at 9:00am in Auburn with Mary Jane.

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



FREE Live Music
Auburn Community Taphouse
Friday, January 28th
7:00pm

Join East Wind's Melissa Scharlach and Paul Lucia as their band, Mojo Myth, plays again at Auburn Community Taphouse with NEW member Amber Lynn!

For the latest on shows and performances, follow them on IG @Mojo_myth

We are so excited to support you in changing your habits, and your life, in the best way possible for you. We are absolutely looking forward to walking together in 2022.

Much Love,
The East Wind Yoga Staff

Connect with us



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