



"The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also." Anon



Spring is in full bloom

Are you feeling an energy boost lately?
Is the sun lighting up your cells?

Are you singing with the birds?

It's fun to feel the seasonal shift this time of year as we emerge from Winter into Spring. We too are feeling it, and are excited to offer a lot of fun new classes for you and experiences to bloom this season!

Check out below for our new classes, workshops, trainings and free events! We look forward to seeing you!

For up-to-date information on this and more, follow us on [Instagram](#), [Facebook](#), or check out our [website](#).

Class Changes and Additions this Spring

Beginning on Tuesday, April 9th, Auburn will have NOON classes on Tuesdays and Thursdays. Spread the word and come join us!

Tuesday, Hybrid w/Andrea, 12-1pm
Thursday, Flow w/Andrea, 12-1pm

Michael Bosby will now teach **Mondays at 9am in Roseville** - this is his first class in Roseville, so come and check his amazing classes out!

Hannah Davidson is teaching a juicy Yang/Yin Class on **Sundays at 5pm in Auburn** - the perfect way to end your week!

Elise Knox is bringing BUTI to Roseville on **Tuesdays at 9am** - if you haven't tried Buti yet, it is an incredible combo of HIIT, Yoga, breathwork and primal movement to release deep tension from your tissues.

Lastly, Matt Uldrik is offering a **Biodynamic Breath Class Thursdays in Auburn at 9am and Fridays in Roseville at 12pm**. This class is a unique deep dive into prana and connection.

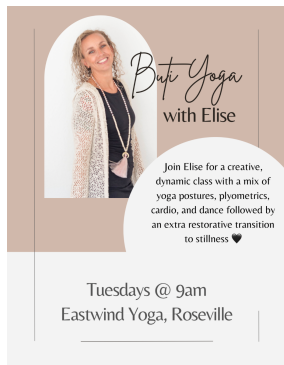
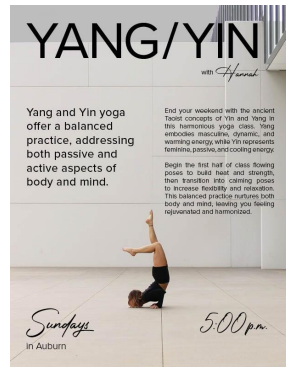
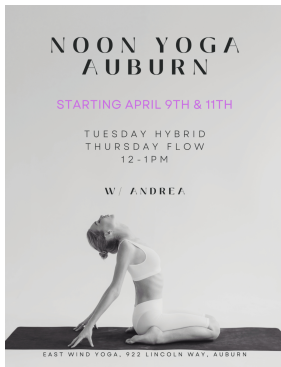
SAVE THE DATE!

On **Saturday, June 15th**, you are invited to join in an East Wind Yoga Community Gathering with games, food, and more at an Auburn Location TBA. More Details to follow! Mark your Calendars.





Also, our Summer Challenge begins June 1st, and we are getting excited to see who will show up to their mats for this in 2024. Look for details coming up soon!



Teacher Trainings

Anatomy for Yoga Instructors

with Dr. James Mally

April 20 & 21, 2024
10 hours - \$199
Saturday 12 - 6 pm - Roseville, CA
Sunday 12 - 4 pm - Auburn, CA
Classes held at East Wind Yoga



Join us for a fun experiential anatomy review class designed to give you a feeling sense of anatomy. In this class we will review and expand your knowledge of all the body's major muscles, palpate them on each other, and practice stretching each muscle. This will help you design more impactful yoga sequencing.

We will review relevant physiology, including post-isometric relaxation, reciprocal inhibition, and eccentric muscle contraction, and explore their connection with the practice of yoga.

We also will be looking at issues with fascia and nerves, and how they affect movement.

This experience will give you a deeper kinesthetic understanding of anatomy, enhancing your ability to help your students or clients.

Although this workshop is designed for yoga teachers, it is open to anyone who works with bodies or who has a body.

James Mally, N.D. (the one on the right) is an orthopedic massage therapist, teacher, and educational content producer with over four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com.

Registration - Melissa Scharlach
916-217-1759 @yogamusiclove
www.yogamusiclove/events.com



Expanded States OF CONSCIOUSNESS

200 HR YOGA TEACHER TRAINING
YOGA ALLIANCE CERTIFIED
WITH BOBBY UPPAL



Highlights
Bobby is a highly trained Yoga Alliance certified instructor with 15 years teaching experience. His YTT is designed for those souls with an interest in yoga, spirituality, meditation and in deepening the connection on the inner life; each moment and more fully aligned with your truth. Most of all, it is geared towards breakthroughs in self-limiting beliefs and achieving personal growth.

- ✓ Strengthen your relationships
- ✓ Create an honest life
- ✓ In depth yoga knowledge

MAY 31 - JULY 28

200 HRS YOGA ALLIANCE CERTIFIED

9 WKS FRIDAYS & SUNDAYS

JOIN BOBBY UPPAL
TRANSFORM YOUR CONFIDENCE
BE YOUR AUTHENTIC SELF



bobby@bobbyuppal.me www.BobbyUppal.me @blessed_life_adventure

Expanded States of Consciousness

May 31st to July 28th
Weekly meetings with Bobby Uppal

[View details](#)

East Wind Yoga Studios is happy to present the 2nd Annual

Channels of Healing

YOGA TEACHER TRAINING
200HR YTT, SUMMER 2024

Step into the fire of transformation.
Answer the call of your spirit.
Become a Channel of Healing in the world.



Andrea and Melissa invite you this Summer to dive deep on a life changing journey
June 22nd - Sept 15th, 2024
Meets! Every Other Weekend including an all-inclusive 4-Day Yoga Retreat

Early Bird Price \$2,500 By 5/1 (Includes Retreat)
\$500 Reserves your Spot
Payment Plans Available



Contact Andrea 508.737.3972 or Melissa 916.217.1759 for Details

Channels of Healing 200 Hour Yoga Teacher Training

June 22nd - Sept 15th
with Andrea Spacek and Melissa Scharlach

[View Details](#)

Anatomy for Yoga Instructors

April 20th and 21st
with Dr. Mally

[View Details](#)

April and May Events

Community Drum Circle
Friday, April 5th 7pm Auburn Studio

Save the Date!
Bring a drum or instrument
916.217.1759 to RSVP
"Donation Event" Suggested \$20
Venmo Melissa-Yoga

Drum Circle
Friday April 5th
7:00pm - 8:15pm

Join Bobby and Karina
INTRO TO REIKI FOR SELF CARE

Reiki

BECOME YOUR OWN HEALER
You will receive a Reiki attunement and harness the power to perform complete Reiki sessions on yourself.

Use the Power of Reiki
April 7th 1-3pm, \$55

Location: TBD Register with Karina 916-747-7062

Visit Our Website For More www.bobbyuppal.me

Intro to Reiki for Self Care
Sunday April 7th

GODDESS CIRCLE

FRIDAY APRIL 12TH
FRIDAY MAY 10TH
7PM AUBURN STUDIO

JOIN US AS WE CREATE A SAFE SPACE FOR WOMEN TO SHARE, CONNECT AND FEEL

RSVP WITH MELISSA 916.217.1759
SUGGESTED DONATION \$20 VENMO MELISSA-YOGA

Goddess Circle
Friday April 12th
7:00pm - 8:30pm

Auburn
Hosted by Melissa and Paul

[View Details](#)



FREE Yoga Teacher Training Experience Workshop

Saturday, April 13th
2pm-4pm
with Andrea Spacek and Melissa Scharlach

[View Details](#)

Anatomy for Yoga Instructors

with Dr. James Mally

April 20 & 21, 2024

10 hours - \$199

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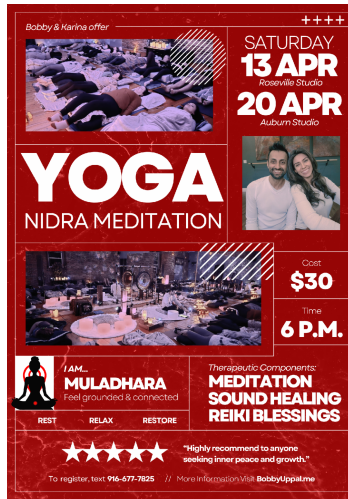
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Registration - Melissa Scharlach
916-217-1759 @yogamusiclove
www.yogamusiclove.com

Anatomy for Yoga Teachers

Sunday, April 7th
1:00pm - 3:00pm
Location TBD
Hosted by Bobby and Karina

[View Details](#)



iAm Yoga Nidra

Saturday, April 13th
6pm Roseville Studio
Saturday, April 20th
6pm Auburn Studio
Hosted by Bobby and Karina

[View Details](#)

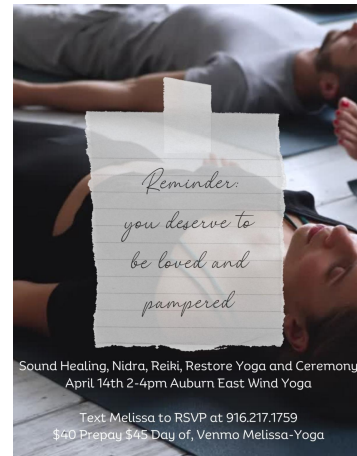


Reiki Level 1/2 Certification

Saturday, May 4th

Auburn
Hosted by Melissa

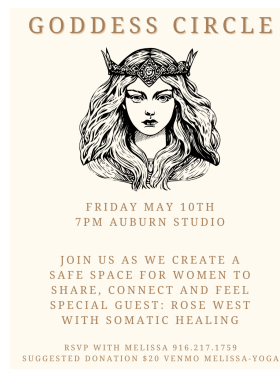
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Sound Healing and Ceremony

Sunday April 14th
2:00 pm - 4:00 pm
Auburn Studio
Hosted by Melissa and Paul

[View Details](#)



Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do

INSTRUCTORS

Saturday, April 20th
12:00pm - 6:00pm
Roseville Studio
Sunday, April 21st
12:00pm - 4:00pm
Auburn Studio
Hosted by Melissa, Andrea
and Dr. James Mally

[View Details](#)

Sunday, May 5th
Location TBA
Hosted by Bobby and Karina

[View Details](#)

What do I want them to do
(call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"

[View Details](#)



iAm Yoga Nidra

Saturday, May 11th
6pm Roseville Studio
Saturday, May 18th
6pm Auburn Studio
Hosted by Bobby and Karina

[View Details](#)



Sound Healing and Ceremony

Saturday May 11th
2:00 pm - 4:00 pm
Auburn Studio
Hosted by Melissa and Paul

[View Details](#)

Retreats





Bloom Women's Retreat

April 25th - 28th 2024
 Healdsburg, CA
 Hosted by Rose and Melissa

[View Details](#)



Serenity Shores Retreat

August 24th - 31st 2024
 Amorgos, Greece
 Hosted by Bobby & Karina

[View Details](#)



Bali Bliss Retreat

June 1-7th 2025
 Bali
 Hosted by Bobby & Karina

[View Details](#)

Additional Offerings



Hiking

To find out the trail of the day,
 text Scott at 916.613.9337 or
 follow him on Facebook

[Facebook](#)

Stay Connected

Follow us on social media for more information

FOLLOW US ON SOCIAL MEDIA FOR REAL-TIME
updates.



We look forward to seeing you in the studio :)

Welcome Home,
The East Wind Yoga Staff

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

[Unsubscribe karen.alvarez@comcast.net](mailto:karen.alvarez@comcast.net)

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