



EAST WIND yoga

"I inhale hope with every breath I take." - Sharon Kay Penman, Novelist



Dear East Wind Yoga Community,

As we enter the holiday season, I've been reflecting on the spirit of Christmas—this quiet, luminous energy that invites us to remember hope. Every breath we take is an opportunity to inhale hope, to let it fill our hearts, and to remember that abundance isn't just something we receive... it's something we cultivate and radiate.

This time of year reminds us how deeply we belong to one another. Through our 40-Day Sādhanā, our drum circles, and every class we share, I'm continually reminded that community is where magic happens. These spaces give us a chance to reconnect with ourselves and with each other, to breathe together, move together, and remember that we're never walking this path alone.

The holidays can be tender, busy, beautiful, and sometimes heavy. One of



the greatest gifts we can offer our families—and ourselves—is our presence. When we take care of our bodies, our minds, and our spirits, we bring more light into every room we enter. Never forget what a light you are in this world. Your practice, your growth, your willingness to show up... it matters more than you know.

And as we each move through this season, may we find small, meaningful ways to be of service—to the people we love, to those who cross our paths, and to the greater community that holds us all. A kind word, an open heart, a helping hand... that's the true spirit of Christmas.

I want to thank you for the gift that you are to me. You are my extended family—the soul of East Wind—continuing to light the way even in the darkest moments. I'm endlessly grateful for each of you.

Please take a moment to review our holiday schedule adjustments (also posted on the website), and keep showing up to your mats whenever you can. Your practice is a sanctuary, a compass, and a reminder that hope and center are always available within.

Wishing you a season filled with peace, presence, and love.

In Wild Devotion,

Andrea + the East Wind Yoga Team

2026 40-Day Sadhana Experience

Re-calibrate your Mind • Body • Spirit in preparation for 2026 with our second annual 40-day Sādhana Experience. Starting December 20th and running through January 31st, this weekend workshop-based container invites you to shift into the new year with more clarity, purpose and vitality.

With six immersive workshops — from somatic movement, holotropic breathwork, sound healing, brain-spotting, and ecstatic dance — you'll be supported in deepening your practice and opening to higher levels of consciousness, connection, and expression.

Save your spot in this powerful container of healing and expansion! Read more about the specific workshops we're offering [here](#).





2026 EAST WIND 40-DAY NEW YEAR SĀDHANĀ

Re-Calibrate your mind, body, & spirit

DECEMBER 20TH - JANUARY 31ST

- Sādhana is a process of building Tapas through the disciplined use of tools such as asana, pranayama, meditation and chanting on a daily basis. -

Re-calibrate your Mind, Body, Spirit in this 40-Day Sādhana and enter 2026 with clarity, purpose, and vitality!

Register to get full access to all workshops and join a community of fellow yogis on a path toward full spectrum health and awakening.

Cost to Register: \$99

Visit the website below to find out more about this powerful container of evolution, the amazing practitioners, and their unique offerings.

SAT 12/20	SOLSTICE SPIRAL W/ANDREA & COURTNEY ON SOUND BOWLS, 4-7PM, AUBURN STUDIO
SAT 1/3	PULSE & PRESENCE - SOMATIC MOVEMENT JOURNEY W/ DANIELLE RUBIO, 12-3PM, ROSEVILLE STUDIO
SAT 1/10	BREATHWORK FOR FREEDOM W/ ANDREA & BECKY BRADLEY, 12-3PM, AUBURN STUDIO
SAT 1/17	BONE BROTH-MAKING FOR WINTER HEALTH W/ ROSE WEST, 12-3PM, FORESTHILL
SAT 1/24	BRAINSPOTTING & SOUND HEALING W/ ALYSSA GRONLUND, 12-3PM
SAT 1/31	CLOSING CEREMONY & ECSTATIC DANCE WITH LIVE DJ, 6-9PM

REGISTER AT WWW.EASTWINDYOGA.COM | 508-737-3972

Holiday Class Schedule



Christmas Eve, Wednesday, December 24th

Auburn – 6AM, 9AM, 12PM (No evening classes)
Roseville – 6AM, 9AM, 12PM (No evening classes)

Christmas Day, Thursday, December 25th

Auburn – 9 – 10:30AM, Slow Flow & Sound Bath w/ Chris and Tricia
Roseville – 9 – 10:30AM, Flow w/ Julie Winkleman

New Year's Eve, Wednesday, December 31st

Auburn – 6AM, 9AM, 12PM (No evening classes)
Roseville - Auburn – 6AM, 9AM, 12PM (No evening classes)

New Year's Day, Thursday, January 1st

Auburn – 9 – 10:30AM, Hybrid "Block Party" w/ Rose West
Roseville – 9 – 10:30AM, Flow & Let Go w/ Raquel Lara

Let's Relax

CHRISTMAS ★ DAY ★

Spend Christmas morning with Chris and Tricia from 9:00-11:00am, offering yourself the gift of presence. We'll ease into a mindful slow flow, sink into restorative stillness, and finish with a calming 30-minute sound bath



DEC 25 East Wind **9-11AM**
Auburn

Bring your family, bring your friends, this is a donation class with all proceeds going to Placer County non-profits

DONATIONS NOT REQUIRED

Student Spotlight - Honoring Tony Puzzo

We want to take a moment to appreciate YOU, our wonderful community, by highlighting certain members who are the very fabric of the magic that is East Wind. This month, we are highlighting one of our beloved yogis, who we sadly lost last month, Tony Puzo.



Tony Puzo has been an East Wind student since 2009, and in his 203 visits, he touched so many of our hearts. With Tony, nothing was ever casual—when he asked how you were, he truly wanted to know. He always had time for the people he loved, and even those he didn't know well. He had a gift for making you feel seen, valued, and important.

Over the years, Tony would reach out to me on Instagram—sometimes just to check in, sometimes to cheer me on and tell me how awesome I was doing. Other times, he reached out for support, and I could feel how deeply he was striving to be the best version of himself for others. When I first purchased East Wind, I didn't know him well yet, but I remember him stopping in to congratulate me, and later, to tell me what a great job I was doing in life. I think he understood how challenging life can be, and how much it means to be reminded that you're doing your best.

Whenever he lifted me up, I'd remind him what an incredible job he was doing too—how much light he brought into the world. I hope he felt it. His passing has shown, through the outpouring of love, just how many souls he touched.

People like Tony are rare—the ones who go out of their way to remind you what life is really about. The ones who see you and celebrate you, not just once in a while, but every chance they get.

I'm really going to miss your reminders, Tony. Thank you for lighting the way.

His Celebration of Life will be held on **Saturday, December 6th from 1–5:30pm** at Ponderosa Hall, Nevada County Fairgrounds.

Upcoming Workshops & Events

METABOLISM

Reset

POWERED BY IMPOWER NUTRITION COACHING



ACHIEVE UNBELIEVABLE RESULTS IN JUST 42 DAYS!

WHY A METABOLISM RESET ?

OVER \$1,000 IN GIVEAWAY PRIZES!



\$99 TO JOIN

»» NO Counting Calories

»» NO Tracking Macros

»» NO Logging Foods

TO EMPOWER INDIVIDUALS TO TRANSFORM THEIR RELATIONSHIP WITH FOOD WITHIN THE SUPPORT OF OUR YOGA COMMUNITY.



MIKE & JEN MENDOZA



JOIN THE IMPOWER METABOLISM RESET TODAY!

IMPOWER NUTRITION COACHING FOUNDERS AND HEAD COACHES

STARTS ON JANUARY 12TH

Last spring, our East Wind Yoga community showed up in a big way for the 42-Day iMpower Nutrition Challenge.

Over 6 weeks, you:

- Built stronger, more intentional relationships with food
- Reported better energy on and off the mat
- Noticed less bloating, clearer minds, and more restful sleep
- Supported each other with honesty, vulnerability, and accountability

It wasn't about perfection.

It was about showing up, one meal and one practice at a time — and you did that beautifully.

What's Next: New Year Metabolic Reset

This January, we're inviting you back into that same supportive container with a fresh focus:

A 42-Day Metabolic Reset for the New Year

Designed specifically for East Wind members in partnership with iMpower Nutrition Coaching, this reset will help you:

- Restore and support your metabolism after the holidays
- Rebuild consistent habits with food that actually fit your life
- Pair your yoga practice with simple, sustainable nutrition strategies
- Start 2025 feeling lighter, clearer, and more grounded in your body

Whether you joined us last time or you watched from the sidelines thinking, "Next round, I'm in," — this is your moment.

Your Invitation

Keep an eye out for full details and registration info coming soon.
If you already know you want in, simply reply to this email with "I'm ready for the Metabolic Reset."

Let's step into the new year together—stronger, clearer, and more connected, on and off the mat.

FOUNDATIONS and ALIGNMENT

WORKSHOP

About the Workshop

This two-weekend workshop is designed to strengthen your practice from the ground up. Over two immersive sessions, you'll deepen your understanding of foundational poses, refine alignment, and build confidence in the movements that shape a well-rounded yoga class. This workshop connects everything together, so your practice feels smoother, lighter, and more intentional.



Weekend 1 – Sun Salutation Foundations

We'll break down the core elements of Sun Salutation A, one of the most essential sequences in yoga. Expect focused work on alignment, breath and transitions. This session helps create a strong base for everything that follows.

Weekend 2 – Expanding Into Key Standing Poses

Building on what you learned in Weekend 1, we'll explore additional foundational postures commonly found in flow classes—such as strong standing shapes, balance work, and transitional patterns. You'll learn how to approach each pose with greater clarity, stability, and ease.

Hands-On Instruction

This is a highly interactive, small-group workshop. Throughout both weekends, we work directly with each student to offer personalized adjustments, cues, and insights tailored to your unique body and practice.

Hosted by: Chris Farrell and Raquel Lara

Weekend 1: January 17th Auburn 12-4

Weekend 2: February 1st Roseville 12-4

**Only \$75 per class
or \$125 for both**

Space is limited, Call or text Chris @ 530.559.9937 to reserve your spot

Foundations & Alignment Weekends

This two-weekend workshop is designed to strengthen your practice from the ground up. Over two immersive sessions, you'll deepen your understanding of foundational poses, refine alignment, and build confidence in the movements that shape a well-rounded yoga class. This workshop connects everything together, so your practice feels smoother, lighter, and more intentional.

Weekend 1 — Sun Salutation Foundations

We'll break down the core elements of Sun Salutation A, one of the most essential sequences in yoga. Expect focused work on alignment, breath and transitions. This session helps create a strong base for everything that follows.

Weekend 2 — Expanding Into Key Standing Poses

Building on what you learned in Weekend 1, we'll explore additional foundational postures commonly found in flow classes—such as strong standing shapes, balance work, and transitional patterns. You'll learn how to approach each pose with greater clarity, stability, and ease.

Hands-On Instruction

This is a highly interactive, small-group workshop. Throughout both weekends, Chris & Raquel will work directly with each student to offer personalized adjustments, cues, and insights tailored to your unique body and practice.

Join them for one or both weekends to build a more sustainable, confident practice! Text Chris at [530-559-9937](tel:530-559-9937) to register today!

CHRISTMAS SHAMANIC CIRCLE

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." — Helen Keller



FRIDAY, DECEMBER 12th ~ 7 to 9 pm

Venmo \$26 ~ @ freeyourspirit
RSVP: 530-863-0003, ma@fyspirit.com, fyspirit.com



East Wind Yoga
922 Lincoln Way, Auburn

CANCER FULL MOON SHAMANIC CIRCLE!

Creating a sacred bridge to the Spirit realm with journeying & drumming!



FRIDAY, JANUARY 2nd ~ 7 to 9 pm

Venmo \$26 ~ @ freeyourspirit
RSVP: 530-863-0003, ma@fyspirit.com, fyspirit.com



East Wind Yoga
922 Lincoln Way, Auburn

Shamanic Full Moon Drum Circle

Dec 12th
Auburn Studio
7:00 pm - 9:00 pm
Hosted by [Mariscela Alvarez](#)

Register

Shamanic Full Moon Drum Circle

Jan 2nd
Auburn Studio
7:00 pm - 9:00 pm
Hosted by [Mariscela Alvarez](#)

Register

Yoga Retreats



This land holds the remembrance of human potential and when we are aligned with the resonance and frequencies, intentions occur that deepen our connection to the land, each other, and most importantly, ourselves. This journey has been curated intentionally by Heather's old experts who have decades of sacred travel experience, and are creating a container for a chosen group to safely and deeply tap into the powerful portals in Egypt. Are you being called?



FIFTEEN DAYS



SAIL THE NILE



TEMPLES AND GIZA

Expert Team

Our Egyptian team are both academics and intuits. This is not only one, but creates a safe and experience container to go as deep as possible from all sides of theory and science.

World Class Accommodations

5 star hotel accommodations, all domestic flights, 4 nights on a luxury Dahabiya boat sailing the Nile, all entrance fees, security, transportation, guides, plus meals and gratuities included.

Transformation

The itinerary has been created to expand consciousness as we visit the sacred sites. We will certainly see, feel, and create experiences that are life-changing.



asabovejourneys@gmail.com

www.unlockegypt.com

PLEASE TEXT HEATHER FOR INFO

916-365-5327

Unlocking Egypt

March 15th - 29th 2026
Egypt
Hosted by Heather Harmon

[View Details](#)

Additional Offerings



Hiking

To find out the trail of the day, text Scott at (530) 354-0364 or follow him on Facebook

[Facebook](#)

Stay Connected

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 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!