



"The most important aspect of love is not in giving or receiving: it's in the being." - Ram Dass

Dear East Wind Yoga Community,

As the air cools and the days shorten, we are invited to listen more deeply - to the whisper of the wind through the trees as they lose their leaves, and the quiet pulse of our own breath. This season asks us to slow down, to gather the lessons of the year, and to offer thanks for the community that carries us through it all.

Here at East Wind, we move into November with hearts full of gratitude - for each moment of shared practice, for the warmth of laughter after class, for the simple joy of showing up and moving and breathing together. It is in this gathering, this shared devotion, that yoga becomes more than movement - it becomes a relationship and an understanding of your place as an integral part of the whole.

This month, we offer ways to nourish body and the soul, from a bone broth-making gathering to honor nourishment as ritual, the buzz of our Sacred Alchemy 300-hour Teacher Trainees in the room, a new Yoga Therapy class with Rose West, and the gentle build toward our second annual New Year's Sādhana, a 40-day journey of devotion, discipline, and awakening.

Winter, in its quiet wisdom, invites us to prepare not by doing more, but by being more - more attentive, more tender, more present to who and what is. Together, let us move into this season as a practice of gratitude: for warmth, for stillness, for each other.

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 cacao-ceremony sound baths to somatic movement, breathwork, sound healing and lymphatic wellness — you'll be supported in deepening your practice and opening to higher levels of consciousness, connection, and expression.

Space will be limited — we encourage you to register early and be part of this community-driven evolution. 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

New Class Alert ☐!



NEW
Therapeutics
YOGA CLASS

A healing-focused yoga practice

TUESDAYS
7-8:30PM

EAST WIND
AUBURN

WITH
ROSE WEST

STARTING IN NOVEMBER

Thanksgiving Schedule Thursday, November 27th



Thank you for sharing your light with us all these years Tayler!



A Love Note from Tayler:

"As I prepare to close this beautiful chapter of my yoga journey, I wanted to take a moment to share my gratitude and a little life update. As many of you know, I'm a licensed therapist (LMFT) who opened my private practice, Taylered Therapy For You, in April 2024. I've been so grateful to have a full practice since then, which now requires more of my focus and energy as I continue to grow and serve my clients. While it's never easy to close a chapter you've loved so deeply, I know it's necessary to surrender into what's next. My yoga journey has been one of the most meaningful parts of my life and personal growth. I have immense gratitude to all of the East Wind community and the studio which has been my yoga home for many years. Thank you to every teacher, mentor, and student who's been part of this journey—you've truly inspired me. As I step into this next chapter, I do so with deep gratitude, faith, and trust. This isn't goodbye, just until we meet again☐"

We are happy to announce that the amazing **Susie Stites** will be taking over the class starting on **Friday, November 7th**, with her heart on fire to share this practice with you all. Come out and sweat with her on Fridays!



Student Spotlight - Glenn Simon

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, Glenn Simon!



"Hi, I'm Glenn. I first came to East Wind in 2023 after deciding that I needed to practice yoga in community with others. I had been doing some yoga online, and before I retired in 2021 I had been practicing yoga in classes at the fitness center where I worked. I can honestly say that practicing yoga at East Wind has changed my life. My experience at East Wind has been a part of a journey that has given me a new perspective of who I am and how I engage with the world around me. I came to East Wind thinking that I needed to round out my exercise routine with some yoga. The teaching and community that East Wind offers has given me so much more, and for that I am very grateful. It is my honor to be on this journey with all of you. Namaste!"

Workshops & Events This Month



Dia de Muertos



The Somna Experience

Nov 1st
Auburn Studio
6:00 pm - 8:00 pm
Hosted by Danielle Rubio

Register

Nov 15th
Auburn Studio
6:00 pm - 7:30pm
Hosted by Bobby and Karina

View Details



Shamanic Full Moon Drum Circle

Nov 14th
Auburn Studio
7:00 pm - 9:00 pm
Hosted by Mariscela Alvarez

Register

Nutritional Therapy

Nov 22nd
Auburn Studio
1:00 pm - 3:00 pm
Hosted by Kristy Corah

Register

Yoga Retreats



Cozy Up Retreat

EMBRACE THE SEASON ONE DAY GATHERING
NOVEMBER 8TH

COZY UP TO THE CHANGING SEASON, THE
TRANSITION OF COLORS, A MERGING OF DAY AND
NIGHT, REFLECT ON THE YEARS HARVEST, GROUND
AND RECALIBRATE, NOURISH BODY AND SOUL.

FORESTHILL ~ 8AM-5PM
QUESTIONS OR TO SIGN-UP: **\$150**
MELISSA 916-217-1759 OR ROSE 530-401-0783

Cozy Up Retreat

Nov 8th
Foresthill Residence
8:00AM - 5:00pm
Hosted by Rose West & Melissa Scharlach

[Text to RSVP](#)



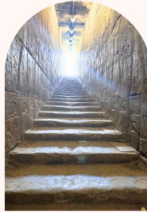
Unlocking Egypt

SACRED LAND, SACRED WATER
March 15-29, 2026
www.unlockingegypt.com

This land holds the remembrance of human potential and when we are aligned with the resonance and frequencies, initiations occur that deepen our connection to the land, each other, and most importantly, ourselves. This journey has been curated intentionally by healers and 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 initiates. This is not only rare, but creates a safe and expansive container to go as deep as possible from all sides of theory and science.

World Class Accommodations
5 star hotel accommodations, all domestic flights, 8 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 curated 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.unlockingegypt.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

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