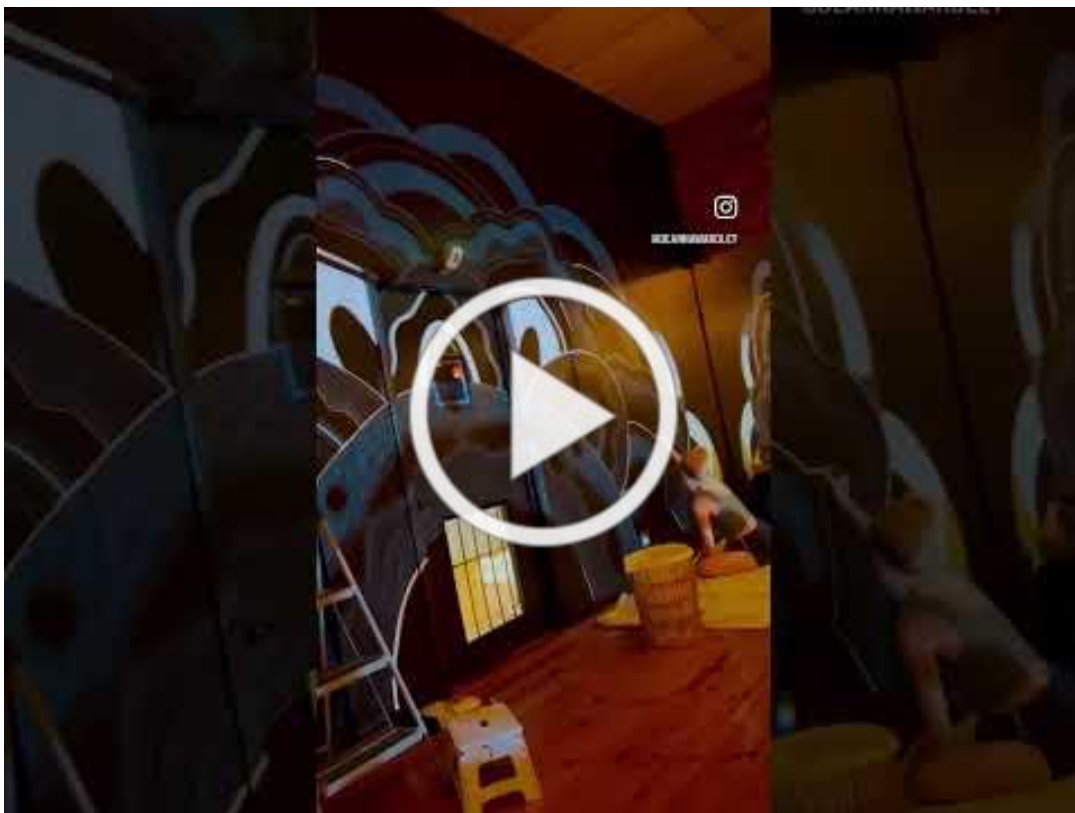


From: East Wind Yoga eastwindyoga-gmail.com@shared1.ccsend.com
Subject: Making Magic Together
Date: August 29, 2024 at 10:06 PM
To: karen.alvarez@comcast.net



"Dream the impossible dream and the world will not grind you under, it will lift you up." Terence McKenna



We are in awe and gratitude for the portal of magic and connection that this community is. We witness you day in and out coming together with mutual respect and love, celebrating each other's talents and unique gifts. We watch you elevate each other to another decibel of greatness, like you did this summer for the Challenge, grinding it out together 'til the end.

It is so much bigger than us. It is a shaping of a culture based on cooperation over competition. It is a molding of a world that has the capacity to hold our greatest visions cohesively. It is creative, regenerative, and kind. And it reverberates through the walls and floorboards of this community.

The gorgeous mandala (above) that Deanna Wardly is currently painting at the Auburn studio is just one of the many ways that your unique talents are co-creating a space of inspiration and possibility for each other. (See below for more about her intention for this piece and her background.)

On Saturday, September 7th, 4-9 pm, we invite you to come together in honor and celebration of an amazing summer together. We have an incredible property reserved for our community to swim, pickleball, play lawn games, and honor those who completed this year's Summer Challenge. Please RSVP to eastwindyoga@gmail.com or at the front desk. See below for more details.

Price Changes

Pricing Changes Begin September 1st!

This is your last call to take the opportunity to lock in the \$85/month Founder's Membership or the \$800 Year Up Front pricing for the LIFETIME of your membership if you sign your Founder's Agreement before September 1st. You can come in to either studio during business hours or [download](#) and return to eastwindyoga@gmail.com

Thank you to everyone for making this such a smooth transition. We are so grateful for your commitment and your support. Let's have an amazing year together!

For more details, please [click here!](#)

If you have any questions please reach out to Andrea and Heather at eastwindyoga@gmail.com, you can also view the current and new pricing as of September 1st on [our website](#).

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

Mandala Magic at East Wind Yoga Auburn Studio

One of our amazing students and local artist, Deanna Wardley, is making some magic at the East Wind Auburn studio this month with a beautiful mandala.

"I created this mandala as a symbol of the interconnectedness of everything. At its center

East Wind Yoga Community Party

**East Wind Yoga Party, Saturday, September 7th, 4-9pm
Green Hill Ranch, Newcastle**



Thank you to all who have RSVP'd to the upcoming community gathering at the gorgeous location, Green Hill Ranch, located at 3105 Newcastle Rd, Newcastle. We have such a special evening planned for you all. It is an evening of celebrating a fantastic summer together, the awesome humans that we share the space with, and toasting the Summer Challenge participants for an awesome job.

Here is the schedule of events for the evening and suggestions on what to bring:

Schedule of events

- 4 pm - Arrive, explore the property, mingle
- 4:30-6 pm - Pickleball Tournament / Lawn Games
- 6:30-7:30 pm - Summer Challenge Ceremony
- 7:30-8:30 pm - Special Surprise

What to Bring

- If you're playing pickleball, a racquet and balls, with tennis shoes for the court
- A potluck side dish or drink to share
- A bathing suit and towel for swimming
- A lawn blanket if you'd like to sprawl out picnic style (there are plenty of chairs)

There are lawn games, billiards, a swimming pool, food and drinks to enjoy, and plenty of parking. We hope to see you there!

RSVP here or contact Andrea with further questions at 508-737-3972.

Just show up if you decide to join last minute! We won't be checking last-minute RSVPs that afternoon, but will be so happy you are there!

New Buti Classes!

New Buti Class in Roseville Begins Saturday, September 7th, 11AM, East Wind Roseville



JOIN THE MOVEMENT!

Starting Saturday, September 7th
11AM - 12:15PM
East Wind Yoga Roseville

NEW BUTI YOGA CLASS

MEET THE TEACHERS:

ROSE
Buti yoga frees my soul, voice, body, emotions, pain, and joy! It's a place where we dance, shake, spiral, move, play, laugh, cry, growl, be messy, be sexy, be weird, be curious, be wild, flow, surrender, breathe, sing, feel... feel it all. When I teach Buti I aim to create a safe container for people to open their dam and let that which has been contained to come forth.



TRISHA
BUTI is the body-shaking, soul-revitalizing, and juicy release that you've been yearning for. Come explore how freeing it is when you let go of your inhibitions and allow your body to move with no expectations. Just show up on your mat and let's have fun!



ELISE
I love Buti Yoga for the way it brings me out of my head and into my body. Seamlessly blending traditional yoga poses and breath with creativity, music, cardio bursts, plyometrics & dance. Harness the power of music, community & movement. Come sweat with me!



East Wind Yoga, Roseville & Auburn Studios | www.eastwindyoga.com | 508-737-3972

Fall Events Events





Community Drum Circle

Friday, Sept. 5th
7pm Auburn Studio
Hosted by Melissa

[View Details](#)



Goddess Circle

Every 2nd Friday
September 13th
7:00pm - 8:30pm
Auburn Studio
Hosted by Rose

[View Details](#)



Saturday, Sept 14th Auburn
Saturday, Sept 21st
Roseville
6:00pm
Roseville Studio
Hosted by Bobby and Karina

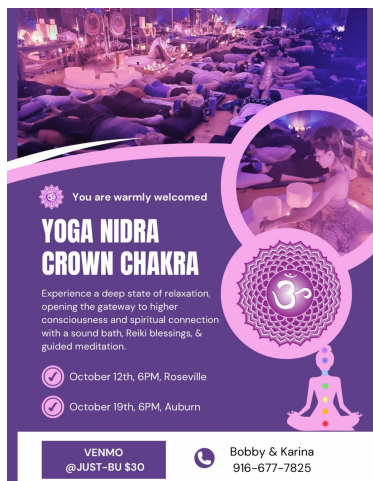
[View Details](#)



Goddess Circle

Every 2nd Friday
September 13th
7:00pm - 8:30pm
Auburn Studio
Hosted by Melissa

[View Details](#)



Yoga Nidra

Saturday, Sept 14th Auburn
Saturday, Sept 21st
Roseville
6:00pm
Roseville Studio
Hosted by Bobby and Karina

[View Details](#)



Restorative Yoga and Sound Healing

Saturday, Sept 28th
6pm Auburn Studio
Hosted by Melissa and Serena

[View Details](#)

Yoga Training

Art of Assisting



East Wind Yoga
20 hour
Yoga Assisting
Training
Program

Learn how to safely
assist students in yoga
to help enhance their
practice and deepen
their connection to
themselves.

NOV 9th/10th
16th/17th

Saturdays 1-8pm
Sundays 1-4pm



TAUGHT BY:

Andrea Spacek
Melissa Love



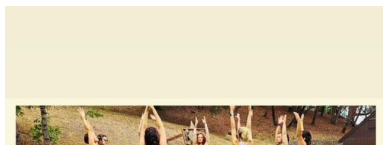
EARLY BIRD PRICE

\$399 BY 10/01

RSVP TO 916.217.1759

\$399 by 10/01, \$459 AFTER

Yoga Retreats





Women's Wellness Retreat

October 3rd - 6th, 2024
Healdsburg, CA
Hosted by Rose and Melissa

[View Details](#)



Day Wellness Retreat

October 26th, 2024
Foresthill, CA
Hosted by Rose and Melissa

[View Details](#)



Bali Bliss Retreat

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

[View Details](#)

Additional Offerings



Hikina



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 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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