



*"The secret to happiness is freedom.... And the secret to freedom is courage."  
Thucydides*



## **Freedom. Fullness. Finding Your Pace.**

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Summer has a way of inviting us to live a little bigger. Longer days. More adventures. More sunshine. More opportunities to connect with friends and loved ones.

But the wisdom of yoga reminds us that fullness doesn't come from doing more - it comes from being fully present with what we're doing.

Whether you're deep into the Summer Challenge, growing a garden, spending time with family, or simply finding your rhythm this season, we hope you're creating space to enjoy the moments as much as the destination.

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### **Summer Challenge Update**

We're officially one month into the 80/20 Summer Challenge, and the energy has been incredible.

Congratulations to everyone who's showing up consistently and making their practice a priority.

This month's Top 10 leaderboard is below!

Remember - there are still two months to go, and anything can happen. A few missed classes or a strong finish can completely change the standings. Stay consistent, keep tracking your classes, and don't count yourself out if you feel behind.

**\*Reminder\***

Please continue tracking your own classes. While we do our best, our system isn't perfect and occasional classes can be missed.

If you signed up for the Challenge but have decided not to continue, please email [eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com) so we can remove your name from the list and keep our leaderboard accurate.

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Thank you for continuing to make East Wind such a vibrant, welcoming, and inspiring community.

Here's to a summer of freedom, steady practice, meaningful connection, and remembering that sometimes the most powerful thing we can do is simply keep showing up.

In Wild Devotion,  
Andrea + The East Wind Yoga Team

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## Summer Challenge Leader Board

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Shout out to our top 10 in Challenge numbers for the East Wind Summer Challenge! There were many who are hovering around mid-20s and 30s - we see you showing up and putting in the work - keep going!

The numbers on the left are the total classes taken between June 1-30 as of 4pm, and the numbers on the right are the total doubles. (These numbers were pulled at 4pm on June 30th):

- 1) Tessa Craig - 57/23
  - 2) April Joyce - 50/19
  - 3) Miguel Quinonez - 50/17
  - 4) Alison Jewett - 41/13
  - 5) Kathy Mayberry - 39/16
  - 6) Angel Chiritree - 38/8
  - 7) Amy Zunich - 38/14
  - 8) Nick Duenhoelter - 35/14
  - 9) Jeannette Cheng - 35/13
  - 10) Samantha Rose - 35/11
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# Congratulations to our Western States runners!

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We're so proud of everyone who participated in this year's Western States Endurance Run.

A special congratulations to our very own **Carolyn Perrotti Lake** for completing one of the world's most demanding ultramarathons. What an extraordinary accomplishment!

We'd also like to recognize longtime East Wind student **Craig Thornley**, Race Director of Western States, for another exceptional event. The leadership, organization, and calm presence required to steward an event of this magnitude is remarkable, and we're honored that yoga has been part of supporting that journey.

Congratulations to all the runners, crews, volunteers, and organizers who made this year's race unforgettable.

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## Fourth of July Schedule

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Happy Fourth of July!

We'll be running our regular Saturday schedule on the Fourth of July weekend, so both Saturday classes will be held as usual at both studios.

Scott at 7AM and 9AM in Auburn

Trisha at 7:30AM and 9AM in Roseville.

Auburn students: Please allow a little extra travel time, as parking in front of the studio may be impacted by holiday festivities.

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## Foundations & Alignment Workshops

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## Foundations and Alignment SUMMER 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, JULY 11**

12 PM - 4 PM, Auburn

### **WEEKEND 2, JULY 18**

12 PM - 4 PM, Roseville

#### **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.

#### **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

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

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

Join Raquel and Chris for our two-part Alignment & Foundations Workshop Saturday, July 11th, Auburn & Saturday, July 18th, Roseville.

Whether you're newer to yoga or looking to refine your practice, this workshop is designed to build confidence, improve alignment, and deepen your understanding of foundational postures.

Call or Text Chris at (530) 559-9937 to register.

## Summer Challenge Spotlight - Dustin Morris



This month, we spotlight one of our Summer Challengers, and also, our student who makes the longest commute to be with us - Dustin Morris! Here's what he has to say about his Challenge so far:

“My name is Dustin and I have been a member of East Wind for 2 years. At the beginning of my yoga journey, I tried several studios and never felt at home until I found the vibrant, welcoming community at East Wind.

The current Challenge has provided me so much insight into my own resilience and flexibility. As the owner of Rye's Barbershop, a dad of 3, and caretaker of a thriving urban microfarm, I foresaw myself having trouble scheduling these classes into my days.

I have discovered that making the time to prioritize yoga into my schedule makes me more present and intentional so I can show up as my best self in my everyday life.”

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## East Wind Community Backpacking Trip

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Scott Emerich is leading another community backpacking trip this month on **July 10-12th** to Island Lake. The meeting place will be Carr Lakes campground, which is very similar to where we went on the Lindsay Lakes trailhead last year. The group will be heading out on Friday, July 10 at 1 o'clock.

The hike will be about a 3 miles into the lake over moderate terrain. If you are only able to come out Saturday-Sunday, we can make arrangements to meet you at the trailhead.

Contact Scott to sign up or for more information at (530)354-0364.

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## Save the Date! Saturday, September 26th East Wind's Summer Party

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Save the date - **Saturday, September 26th, 5-9pm** - for our annual East Wind Summer Party and Potluck, hosted once again at Kelly Johnson's beautiful home in Roseville.

Families are welcome, and the entire community, not just Summer Challenge participants.

This is one of our favorite gatherings of the year and a great opportunity to mix and mingle with community members, celebrate everyone's hard work, and see each other in "real" clothes.

Please RSVP to [eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com) and plan to bring a dish to share.

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## Sacred Alchemy 200-hr YTT

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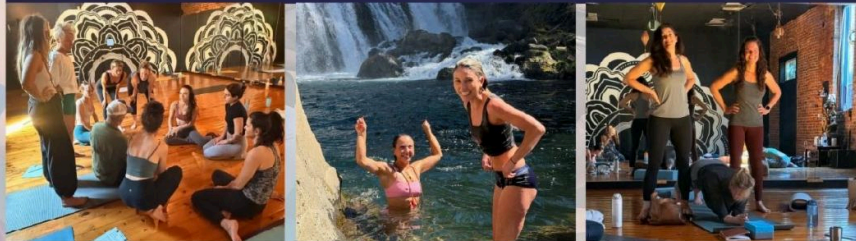
EAST WIND  
yoga

# 200HR YOGA TEACHER TRAINING

JAN 16 - MAY 3, 2027



Step into the fire of transformation.  
Answer the call of your soul.  
Become a leader in these times.



Andrea + the East Wind Yoga Team invite you  
to join us this winter on a life-changing journey into  
leadership

**January 16 - May 3, 2027**

Meetups Every Other Weekend **including an all-inclusive  
4-Day Yoga Retreat to Mt. Shasta**

\$3,500 | Payment Plans Available  
\$2,999 before 11/1  
\$500 Reserves your Spot



Andrea Spacek, E-RYT 500  
Lead Trainer

Contact Andrea at [eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com) to apply

Our next 200-Hour Yoga Teacher Training begins this January and runs through early May, culminating with a 4 day retreat in Mt. Shasta.

Whether your goal is to become a teacher or simply deepen your understanding of yoga and yourself, this immersive training is designed to transform both your practice and your life.

Andrea will be the lead trainer for this program, alongside Scott Emerich.

If you've been curious or would like more information, see the **website** for more details or email Andrea at [eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com) to apply.

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## Upcoming Retreats



## Pura Vida Costa Rica Retreat July 11 - 18, 2026

\*\*early bird discount ends 4/22/26



### CONNECT to nature CONNECT to community CONNECT to yourself

Join us for 7 nights of movement, healing, adventure, and soul-deep connection in the lush jungle of Nosara. Hosted at the serene Bodhi Tree Yoga Resort, this retreat is designed for men and women who are ready to step away from the grind, breathe deeply, and feel alive again.

#### RETREAT DETAILS:

Bodhi Tree Yoga Resort  
Nosara, Costa Rica

#### WHATS INCLUDED:

- ✓ 7 nights at Bodhi Tree
- ✓ Yoga, breathwork, & embodied movement
- ✓ Cacao, sound healing, & ecstatic dance
- ✓ 3 nourishing meals per day
- ✓ 1 included excursion
- ✓ Walk to beach + town
- ✓ Experience local community gatherings



Let's Go!

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## Community Connection

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# Looking for Local Hiking Buddies

AUBURN AREA TRAILS



Hi! I'm an East Wind Yoga student looking for hiking buddies in Auburn to go on weekly Saturday hikes. Not looking for any sort of all-day type of thing — just 2-3 hours out of the day, 3-5 miles. Time of day is flexible. Trails would be local. Examples: Hidden Falls, Robie Point, Lake Clementine, etc. Mostly just looking to get out in nature and get fresh-air exercise on Saturdays.



SATURDAYS



MODERATE  
LEVEL HIKING

If interested, text Krissie - 615-418-2391

Text Krissie



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

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