



## Sthira and Sukham

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May's theme is Sthira Sukham - effort and ease.

This principle comes from Patanjali's Yoga Sutras, a handbook of 196 maxims for the practice and path of yoga.

Stability without rigidity. Effort without force. Ease without collapse.

Most of us get lost in the effort of the practice because, as we all know, it never ceases to challenge the body and mind.

Most of us either push too hard and burn out...  
or stay comfortable and never change.

However, the practice isn't something to conquer. It's a path that takes you inward, and if you stick with it, refines you.

The work is learning how to navigate both - striving to be your best, meeting your edges, and totally accepting yourself and your life as it is.

Effort and ease is the foundation what we're building this month at East Wind as we ramp up for this year's Summer Challenge.

Find out what you're made of when you show up consistently,  
especially when it's hard.

In Wild Devotion,  
Andrea + The East Wind Team

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## East Wind Summer Challenge Begins June 1st!



From June 1 to August 31, take on the amazing challenge of completing 80 classes, with 20 being doubles.

This is where *Sthira Sukham* becomes real.  
Consistency (effort) + community (support) = transformation.

There is no added cost. Just your name - and your commitment to follow through. Sign up at the front desk.

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## Congrats to our 300hr YTT Grads!



Big shout-out to those who completed our first **300-hour Sacred Alchemy Advanced YTT** in April, and to our dream teaching team - Rose, Jake, and Scott. What a powerful journey we took together. We culminated our 6-month journey with a retreat in Shasta. I'm so proud of everyone for their devotion and commitment. This is just the beginning of so much more!

For those of you who are ready to step into teaching or deepen your practice, I will be offering a 200-hour Yoga Teacher Training that starts **November 7th**. Email me at [eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com) if you want to apply.

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## Memorial Day Schedule



We will have a modified schedule for Monday, May 25th, 2026 for Memorial Day, in honor of our fallen soldiers. The following classes are the only classes that will be held:

Auburn - 8AM Flow w/ **Natalie**

Roseville - 8AM Flow w/ **Andrea**

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## Student Spotlight - Angel Chiritree



This month, we shine the spotlight on our Angel! She is a force to be reckoned with, but also has the most tender heart. She has been a significant part of this community for the past 14 years, and blesses us continually with her care for the studio and her love of the practice. It's also her birthday month, so let's celebrate this magical woman! In her words:

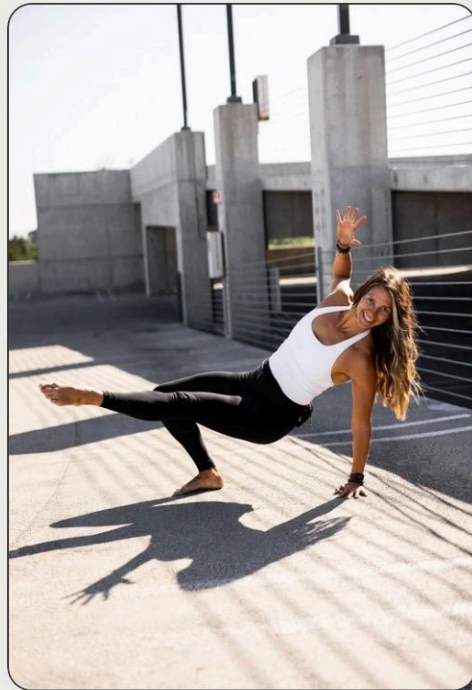
"Born of Alaska's wild spirit, I carry the soul of a true adventurer - strong, grounded, and fiercely alive. I am a proud mother to my amazing daughter, Jadelyn, and I live with grit, freedom, and deep appreciation for life - whether I'm camping beneath open skies, hiking rugged trails, climbing new heights, or wandering with my beloved dog by my side.

With over 25 years of holistic healthcare experience in aesthetics and whole-body wellness, my work reflects a deep devotion to healing, beauty, and living in harmony with mind, body, and spirit. Since leaving Alaska in 2012, East Wind has become my true home away from home - a place where community feels like family, where I am deeply grateful for the love, connection, and sense of belonging it offers, and where "Welcome back, welcome home" is more than a greeting - it's something I feel in my bones."

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## Class Spotlight - Yang/Yin with Rose

# Yang Yin



ROSEVILLE  
TUESDAY 9AM



NEW  
TEACHER

# Rose West

15 MIN WARM UP - 40 MIN FLOW - 30 MIN STRETCH & SLOW - SAVASANA

We are happy to officially welcome Rose to the Roseville Studio with this Tuesday morning offering. In her words:

"This Yang–Yin class offers a balanced blend of movement, strength, and deep restoration. We begin by gently warming the body and awakening breath awareness, preparing the joints and nervous system for a more dynamic practice. From there, we move into an energizing flow that links breath with intentional movement, building heat, strength, and focus while opening and mobilizing the body.

As the practice unfolds, we gradually shift into stillness with longer-held, supported Yin postures. This slower phase invites deep release through the connective tissues, encouraging the body to soften while the mind settles into quiet awareness. We close with Shavasana, allowing for full integration, deep rest, and a sense of grounded ease that carries beyond the mat."

Join Rose on the mat Tuesdays at 9AM in Roseville for this perfectly balanced offering.

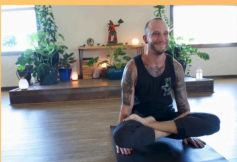

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# Upcoming Workshops

**Inversions Workshop,**  
**May 2nd, 11-2pm**  
East Wind Auburn

**Breathwork + Cacao,**  
**May 23rd, 5-7pm**  
East Wind Auburn

**Workshop Series:**  
**Inversions & Arm Balances**  
With Michael & Courtney

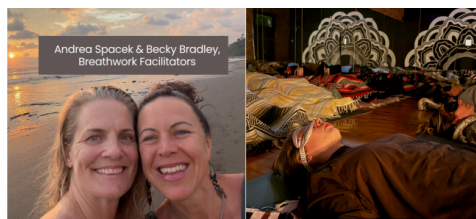


**ARM BALANCES**  
4/19 SUN  
ROSEVILLE STUDIO 1-4 PM

**INVERSIONS**  
5/2 SAT  
AUBURN STUDIO 11-2

Join us for a two-part workshop series designed to help you build strength, confidence, and control in inversions and arm balances. Across two sessions, we'll break down foundational techniques, alignment, and safe progressions—making these challenging poses more accessible and empowering. Whether you're new to going upside down or looking to refine your practice, you'll leave with practical tools you can use right away.

50\$ for 1--80\$ for both    530-366-0192 to register



## Breathwork + Cacao

### Who this is for:

Individuals who are ready to:

- shed layers of emotional armor
- experience non-ordinary states of consciousness without substances.
- breakthrough stagnation, tension, or pain trapped in the mind-body
- ignite new energy toward a shift

### What the workshop entails:

- 40 minutes of guided holotropic inspired breathwork
- Cacao & Community Shares
- Personalized guidance & support

### Upcoming Dates

#### East Wind Auburn

Sat, May 23<sup>rd</sup>, 5-7PM

Sat, June 27<sup>th</sup>, 5-7PM

Sat, July 25<sup>th</sup>, 5-7PM

Sat, Aug 29<sup>th</sup>, 5-7PM

Cost: \$40



**Reserve Your Spot Today! using the QR code above.**

Email Andrea at [drespacek@gmail.com](mailto:drespacek@gmail.com) with any questions.

Register Here

Register Here

**Nutritional Therapy Workshop, June 27th, 2-4PM**  
East Wind Auburn

East Wind Auburn

2-4 pm June 27th

\$30 individuals/\$40 couples

RSVP Kristy.corah@gmail.com

Venmo @Kristy-Corah



# Nutritional Therapy + Skeletal Muscle Workshop

By Kristy Corah, Nutritional Therapy Practitioner  
and Erin Lohmeyer, Certified Fitness Coach

- Nutritional Therapy is a holistic, root-cause approach to health
- Focuses on food and lifestyle foundations to restore balance and support healing
- Builds a strong foundation for metabolic health and longevity
- Skeletal muscle plays a critical role in overall health
- Helps regulate blood sugar and support metabolism
- Maintains strength, mobility, and independence as we age
- Acts as a key driver of healthy aging and resilience

We will address both men's and women's health, highlighting how skeletal muscle and nutritional therapy work together to optimize health and longevity. In addition, we will discuss how Peptide Therapy plays a role in health and longevity.

We will be offering samples of Best of the Bone, bone broth, along with Lactigoa transdermal gel formulated with carnosine and magnesium to support performance, recovery, and muscle function.



BEST OF  
THE BONE,  
BONE BROTH



SUPPORTS  
PERFORMANCE,  
RECOVERY &  
MUSCLE  
FUNCTION

[Register Here](#)

## 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



Find out more

# REMEMBER WHO YOU ARE

## Retreat

Join Andrea Spacek and Rose West in the sacred red rocks of Sedona for a women's retreat devoted to remembrance, renewal, and return. Through yoga, meditation, time in nature, and heartfelt connection, we create space to come home to ourselves—unhurried, supported, and deeply nourished.

OCT 17-22, 2026



✓ Breathwork

✓ Yoga

✓ Somatic Release

✓ Sacred sites

DON'T WAIT, CLAIM YOUR SPACE IN THE CIRCLE TODAY!

Contact Rose West (530) 401-0783  
or Andrea Spacek (508) 737-3972

more info



Find out more

## Community Connection

# 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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