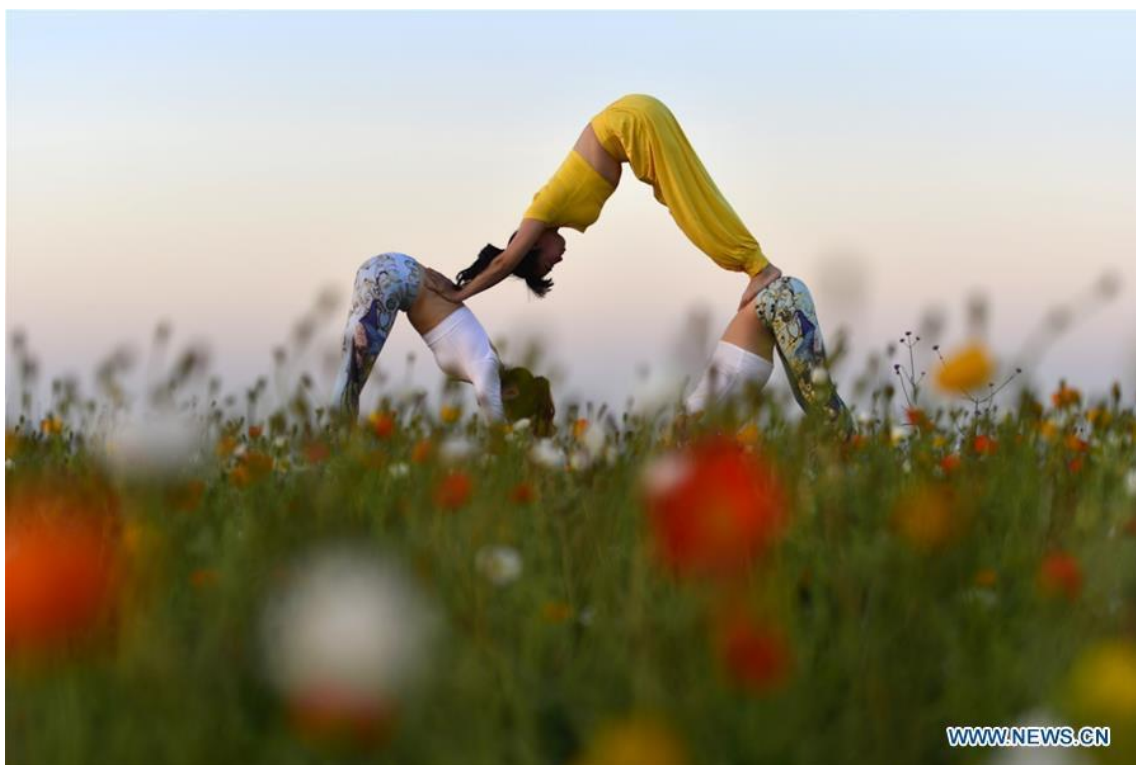




"Yoga does not just change the way we see things, it transforms the person who sees."
— B.K.S Iyengar



Spring is in full bloom—and so is the East Wind Yoga community. We've had quite the adventurous April, including a surprise studio flood on Easter! Cheers to April showers bringing May Flowers.

April brought its share of curveballs, but as always, we rise to meet them—because the obstacles are the way. They build resilience, highlight where support is needed, spark creativity, and, most importantly, reveal the deep strength of our community.

Over the past few weeks—through broken dryers, studio flooding, shower head repairs, and new sinks— my heart has been overflowing with gratitude for everyone who has showed up with your care, concern, tools, towels, and trucks. The support I've received has reminded me that this is truly a village. And not just any village—the best one ever.

What's Coming Up:

The Summer Challenge

Next month, we kick off our incredible 90-day Summer Challenge! A few brave souls have already signed up, and I'll be placing sign-up sheets at both studios soon. This is your invitation to step up and commit to a transformative journey of prioritizing your well-being, consistency, and personal growth.

200-Hour Yoga Teacher Training Begins in June

Starting June 21st, join me and Melissa Scharlach for our annual 200-hour teacher training. This is a powerful container for deepening your practice, building strength, and stepping into your role as a teacher and leader. Spots are still available—click the link below to learn more and reserve yours.

[Summer 200hr Yoga Teacher Training](#)

Studio Updates

We're in the process of collecting bids for floor repairs in Auburn and doing our best to preserve the original pinewood floors—it's looking promising! The laundry area will be getting a much-needed makeover asap, which we'll complete with minimal disruption to class schedules. I'll keep everyone updated as we move forward—thank you for your patience, and in the meantime, yoga on!

In Roseville, get ready—your mural project begins this month, led by the talented Deanna Wardley! We're also excited to unveil some new custom builds coming to both studios soon.

Looking Ahead

I can feel an amazing summer on the horizon. In the months ahead, we'll be announcing:

- Our end-of-summer celebration in September
 - A community-wide camping trip in July
- Our 300-hour Yoga Teacher Training launching in October

As always, if you have ideas for how we can grow as teachers and leaders, I'd love to hear from you. Let's make it a magical summer—together.

With gratitude,
Andrea and the East Wind Yoga Team



Summer Challenge

Challenge

Discover the transformational power of committing to your self care & growth.

80/20

80 yoga classes
/20 doubles

June 1 –
August 31

This Summer, commit to yourself by signing up for the East Wind Summer Challenge!

Take 80 yoga classes in 90 days.
20 of those classes must be doubles (two classes in one day).



Sign Up at eastwindyoga@gmail.com

May Holiday Schedule

Mothers Day

9AM Flow w/ Hannah, Auburn

9AM Flow w/ Karina, Roseville

Memorial Day

8AM Hybrid w/ Melissa, Roseville

8AM Hybrid w/ Bobby, Auburn

New Class and Teacher Alert□

Starting on Wednesday, June 4th, we are adding another 6AM Class to the lineup in Roseville with a new teacher and dedicated yogi, Natalie Furtado.



From Natalie Furtado:

My biggest passion is Yoga and sharing it with others. Through Yoga, I have learned to better tap into the infinite source of love and abundance within myself. Through teaching Yoga I can help others connect with what is already inside of them waiting to be utilized.

When not on the mat, I love to be in my garden taking care of my plants, art, doing anything outdoors involving hiking, running or swimming, spending time in solitude, or out socializing connecting with others! Working in the Environmental Mitigation industry by day, I have a natural and fierce passion for the beautiful and magical planet we live on. I love learning about others so please come talk to me anytime! :)

Community Events

Check out the flyers below for a full list of Events, including. . .

Full Moon Shamanic Drum Circle, Friday, May 9th, Auburn

Buti Workshop, Saturday, May 10th, Roseville

The Somna Experience, Saturday, May 10th, Roseville

Pulse & Presence, Saturday, May 10th, Auburn

Mantra Sound Healing, Friday, May 16th, Auburn

Akashic Records Healing, Saturday, May 17th, Auburn

Breath & Cacao, Friday, May 23rd Auburn


Candlelit Soundbath w/ Annette, Saturday, May 31st, Auburn

Member Spotlight

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 have our amazing EW member that other students playfully call "The Godmother of Yoga", Kathleen Harrison!



From Kathleen: "I have been attending East Wind Yoga for about 20 years now. It was an



excellent choice and what an honor to take advantage of all the different styles and music the teachers offer as well as their smiles and positivity.

The teachers truly work on the structure of their classes; giving you a small rest between a flow sequence.

And you are always encouraged to take a break by just sitting on your mat if needed.

The heat has been a gift to my muscles, joints & lymph system.

You just have to try it and you will be able to tell the difference in a few classes.

Also I cannot speak enough about 'the community' of yoginis that support, love on you and give you a lift when needed.

THANK YOU EAST WIND!

Forever grateful,
Kathleen Harrison"

Every month, we'll be highlighting a member of our yoga family and their personal journey. If you'd like to be featured, or nominate a member of our community, email eastwindyoga@gmail.com to share your story.

Yoga Teacher Trainings

East Wind Yoga Studios is happy to present the 3rd Annual



Channels of Healing
YOGA TEACHER TRAININGS
200HR YTT, SUMMER 2025

Step into the fire of transformation.
Answer the call of your spirit.
Become a Channel of Healing in the
world.



Andrea and Melissa invite you this
Summer to dive deep on a life changing journey.

June 21st- Sept 14th, 2025

Meetups Every Other Weekend **including an all-inclusive
4-Day Yoga Retreat**

\$3500, Payment Plans Available
Save \$500 by Registering before 5/1
\$500 Reserves your Spot / Payment Plans Available



Contact Andrea 508.737.3972 or Melissa 916.217.1759 for Details



MUSIC FACILITATION TRAINING

Subjects Covered

- Music and the Brain
- Individual vs Social Experience
- Memory and Emotions
- Arousal vs Entrainment
- Music Bio Hacking
- AND MORE!!!



12:00 - 6:00 pm



Saturday, June 7th 2025



East Wind Yoga Auburn
922 Lincoln Way

SPACE IS LIMITED



Questions?
916-217-1759

\$199 Before 5/1/2025
\$249 Before 6/1/2025

Spring Events

SCORPIO FULL MOON SHAMANIC CIRCLE

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



FRIDAY, MAY 9th ~ 7 to 9 pm

\$25 ~ RSVP to Mariscela
530-863-0003, ma@fyspirit.com, fyspirit.com

 East Wind Yoga
922 Lincoln Way, Auburn

Scorpio Full Moon Shamanic Circle

May 9th
Auburn Studio
7:00 pm - 9:00 pm
Hosted by Mariscela

[View Details](#)

BUILD THE FIRE:
Buti Basics Workshop Series
MARCH 8TH-AUGUST 9TH
12:00-2:30

Join us on your Buti Yoga journey.

- Each session will focus on different postural alignments and end with a 1 hour Buti class
- Bring your mat, a water bottle, an open mind, and any questions you may have
- All levels welcome
- Cost: \$35 per workshop or \$175 for the whole series



MARCH 8TH Grounded and Growing Roseville <ul style="list-style-type: none"> • Tabletop, child's pose, downward 3 legged dog, mountain pose, & tree pose • Spiral structure techniques • Breath techniques 	APRIL 12TH Lunge and Lengthen Auburn <ul style="list-style-type: none"> • Low lunge, 90 split, lizard high lunge, Warrior 1, Pyramid • Shaking • Tapping 	MAY 10TH Strength in Motion Roseville <ul style="list-style-type: none"> • Warrior 2 & 3, reverse warrior, side angle, triangle, dancing monkey, 90 moon, standing cat • Cardiac bursts
JUNE 14TH Wild and Rooted Auburn <ul style="list-style-type: none"> • Kneeling pose, deer pose, chair pose, Goddess pose, warrior, & bridge • Hip and rib flexions • Buti pose 	JULY 12TH Engage and Release Roseville <ul style="list-style-type: none"> • Plank, plank jacks, hip flex, Chaturanga, cobra, updog, boat pose • Tense & release techniques • Chakra sequence 	AUGUST 9TH Express and Expand Auburn <ul style="list-style-type: none"> • Garland pose, falcon triangle, gate pose, hip drop, forearms, kick throughs, & Buti walks • Adding noise, dynamic mobilization


Lead By:  & 

Register with Elise at elise@eliseknox.com 707-362-0777

Buti: Grounded and Growing

May 10th
June 14th
July 12th
August 9th
12:00 - 2:30 pm
Hosted by Rose and Elise


[E-mail Register](#)



THE SOMNA EXPERIENCE

MORE THAN NIDRA. MORE THAN SOUND.
A COSMIC RESET FOR YOUR SOUL.

10 MAY, 2025 | 06:00 PM
East Wind Yoga Roseville

WWW.BOBVUPPALME \$35 VENMO @JUST-BU 916-677-7825 

The Somna Experience

May 10th Roseville
6:00 pm
Hosted by Bobby and Karina

[View Details](#)

PULSE and PRESENCE

East Wind Yoga Studio, Auburn

SAT. 5/10
4-6 PM
\$40 advanced/\$45 at the door

A Somatic Journey to Healing

W/ NERVOUS SYSTEM EXPERT, SOMATIC TRAUMA COACH, & MINDFULNESS TEACHER, DANIELLE RUBIO

Theme: Alchemizing Fear

Reconnect with your unshakeable ease and joy, free of mental/emotional weights. This isn't just a transformational workshop but a ceremonial somatic journey into yourself. You learn how to listen to the wisdom of your body, move through emotions and release stuck energy. Our focus this round is to alchemize fear into gold.


INTUITIVE MOVEMENT MEDICINE, TIBETAN HEART MEDITATIONS AND NEUROSENSORY PRACTICES COMBINE TO TRULY HEAL YOUR NERVOUS SYSTEM AND GUIDE YOUR SOUL TO RISE AND REVIVE.

Pulse and Presence

May 10th
Auburn Studio
4:00 pm - 6:00 pm
Hosted by Danielle

Embark on a transformative journey with our **Mantra Sound Healing Experience**

This special offering is hosted by: Chris Farrell and Tricia Sims - donations accepted -



Dive deep into the therapeutic power of sacred mantras and resonant sound frequencies through quartz singing bowls, fostering deep relaxation and mental well-being.

Every 3rd Friday | 6:00pm - 6:30pm
after 5:00 Flow

MANTRA SOUND HEALING EXPERIENCE

East Wind Yoga Auburn, CA

Join us in this immersive experience as the room is cocooned in comforting, rhythmic tones that will allow your mind to dissolve into a state of pure bliss.



Let us take you on an auditory journey that promotes mental clarity and inner peace

Mantra Sound Healing

May 16th
Auburn Studio
6:00 pm - 6:30 pm
Hosted by Chris and Tricia

AKASHIC RECORDS

A journey into the infinite

I'll guide you through a heart-opening meditation into your Akashic Records - the energetic library of your soul's journey - where you'll connect with your personal guides, receive intuitive insights, and experience an energetic shift to support your growth and alignment.

We'll finish with a beautiful sound bath to relax your nervous system, balance your energy, and help you integrate everything you've received.



May 17 • 6-8 pm
East Wind Yoga, Auburn CA

Akashic Records Healing and Sound Bath

May 17th
Auburn Studio
6:00 pm - 8:00 pm

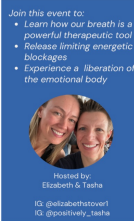
Hosted by Stephanie

[View Details](#)

BREATH & CACAO WORKSHOPS 2025

Experience a deep transformation of self through dynamic somatic breathing. Incorporating the sacred and ancient medicine of cacao, thematically curated music and percussion, and a supportive environment with hands-on facilitation, these sessions connect us with the power and truth at our core being and ignite the pure energy of the spirit.

Somatic breathwork is guided as a three-part circular breath pattern. It's a practice that aids in rebalancing the whole being. Focused breathwork sessions enable the brain to release numerous "feel-good" chemicals, providing the potential to experience euphoric sensations, release old mental patterns, take us to an altered state of consciousness, and invite in the peaceful energy of surrender.



EAST WIND YOGA, AUBURN - EVENT DATES:
4/25/25 7-9 PM 7/25/25 7-9 PM
5/23/25 7-9 PM 8/22/25 7-9 PM
6/27/25 7-9 PM 9/26/25 7-9 PM
RSVP to Elizabeth (916) 303-6515
eastwindyoga.com
EXCHANGE \$35

Breath & Cacao Workshop

May 23rd
Auburn Studio
7:00 pm - 9:00 pm
Hosted by Elizabeth and Tasha

[Call/Text to RSVP](#)

Candlelight Sound Bath

with Annette
East Wind - Auburn
Saturday, May 31 | 6:30-7:45
An invitation to recalibrate and relax

Early Bird \$35, register by May 28
\$40 Day of Event



Register: thesonicsoul@proton.me
Venmo: @Annette.Tullo (last 4 digits 8399)

Candlelight Sound Bath

May 31st
6:30 pm - 7:45 pm
Auburn Studio
Hosted by Annette

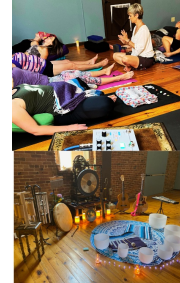
[Register Here](#)



The Somna Experience

June 14th Roseville
June 21st Auburn
6:00 pm
Hosted by Bobby and Karina

[View Details](#)



SAT. DECEMBER 7TH
7-8:30 PM
\$35 PREPAY
\$40 DAY OF
VENMO: MELISSA-YOGA

RESTORATIVE YOGA

Reiki
and
Sound Healing

BY AUBURN
EAST WIND YOGA WITH

Melissa and
Serena
RSVP
916.217.1759

Restorative Yoga, Reiki and Sound Healing

June 7th
7:00pm - 8:30pm
Auburn Studio
Hosted by Melissa and Serena

[View Details](#)

[View Details](#)

Yoga Retreats



Yoga Day Retreat

May 10th 2024
8:00am - 5:00pm
Foresthill, CA
Hosted by [Rose](#) and [Melissa](#)

[Text to RSVP](#)



Attune Sedona Retreat

October 11th - 16th 2025
Sedona, AZ
Hosted by [Rose](#) and [Andrea](#)

[View Details](#)



Wellness Retreat Costa Rica

October 18th - 23rd 2025
Costa Rica
Hosted by Chris, Tricia and Karla

[View Details](#)

Additional Offerings



Hiking

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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