



*"I am not afraid of storms, for I am learning how to sail my ship."
- Louisa May Alcott*



Our yoga practice teaches us how to become skillful sailors.

Not by avoiding the storms of life — or the waves of thought and emotion — but by learning how to stay present within them. Through breath, movement, and awareness, we learn how to meet intensity with steadiness, how to return to center, and how to find peace even when the waters are rough.

Over time, the practice does something quiet and profound:
we stop chasing peace... and begin **becoming it**, right in the center of the storm.

As we close this year's **40-Day Sādhana**, we offer deep gratitude — for the discipline, devotion, and inner listening each of you has brought to your process of evolving and expanding. This work doesn't end here; it continues in how we live, move, and show up in the world.

Thank you for walking this path together, bravely, in solidarity.

In wild devotion,

Andrea + the East Wind Yoga Team

Breathwork for Freedom



Saturday, February 7th, 5-7pm, East Wind Auburn

Breathwork for Freedom is a holotropic-style, three-part breath designed to help release stored tension, grief, and emotions that have been held in the body. Through continuous, rhythmic breathing, this practice supports deep emotional processing, nervous system regulation, and reconnection to the body.

Participants often experience expanded awareness and altered states of consciousness that open space for insight, healing, and forward movement in life.

This work is guided by certified breathwork practitioners **Andrea Spacek** and **Becky Bradley** and held in an intentional, supportive container.

All levels are welcome.
Space is limited.

To register:

- Venmo \$40 to @Andrea-Spacek to secure your spot
- Or email Andrea at drespacek@gmail.com

Upcoming dates are listed below for the East Wind Auburn Location:

Sat, Feb 7th, 5-7PM
Sat, Mar 14th, 5-7PM
Sat, April 11th, 5-7PM

Welcome Back Trisha Koob!



Welcome back, Trisha! We are so happy to welcome **Trisha Koob** back to teaching at East Wind Yoga. A 500-hour Certified Yoga Teacher and YTT Co-Lead, Trisha brings a friendly, uplifting, and heart-centered approach to her classes that's deeply rooted in community. She is now teaching **Tuesdays at 6:00 AM (Hybrid)** in our **Roseville** studio. If you haven't practiced with her yet, now is the perfect time to add this beautiful offering to your weekly rhythm. She's absolutely worth waking up early for!

New Classes in Auburn



We're excited to welcome two new weekly classes with **Jake Somers** at our Auburn studio, starting in February.

On **Wednesdays**, join Jake for a 90-minute Intense & Intentional Flow, and on **Thursdays**, slow it down with a 90-minute Focused & Deliberate Slow Flow, both from 9:00–10:30am. Jake's classes weave together classic asana, conscious breathwork, and meditation to support strength, awareness, and embodied presence. These longer practices offer space to move deeply, breathe fully, and live more consciously on and off the mat. Come and check them out this month.

Community Spotlight: Auburn Pacific 240 - 240-mile run for childhood cancer



East Wind is honored to be a sponsor of **Project Endure**, a nonprofit dedicated to supporting families impacted by childhood cancer through fundraising, awareness, and the power of endurance events. This month, Matt Meo, whose son, Landon lost his battle to cancer in 2022, will run from Auburn to the Pacific Ocean - 240 miles, 18.2k ft gain, across two-thirds of California, all to raise funds to support families dealing with childhood cancer and to advance pediatric cancer research.

If you feel called to contribute to this powerful mission, you can donate directly through their foundation page. Every gift makes a difference. Learn more at: <https://projectendure.org/auburn-pacific-240>

Student Spotlight: Josh White



My name is Josh White. I was born in Oakland Ca, in the sign of Sagittarius and the year of the fire horse. I live in Auburn with my wife, 15 year old daughter and our dog. When not on the mat I enjoy the outdoors mountain biking, hiking or working in the yard, time with family and friends, and working for the United States Postal Service.

My time at East Wind began about five years ago. I had an experience that some called a midlife crisis and some called a breakdown but I call an epiphany. My heart and soul were briefly illuminated with some very powerful energies, and some changes I needed to make in my life became clear to me. The most lasting and significant of these was coming back to Yoga. I am grateful that Fortuna guided me to East Wind. I came through the door and was immediately reduced to dying on the floor in a puddle of sweat by Scott.

It took about a year before I became acclimatized and came to crave it. Whether it is sweating in the flow or flying through the cosmos in nidra, yoga has become my drug of choice. The East Wind community has come to mean so much to me, I have much love for so many people here, both students and teachers.

It has come to be my desire to live the path of yoga physically, mentally, socially and spiritually and it is my extreme pleasure to do this with all of you.

Upcoming Workshops & Events



Andrea Spacek & Becky Bradley,
Breathwork Facilitators

Breathwork for Freedom

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

Reserve Your Spot Today!

Email Andrea at drespacek@gmail.com or Venmo to register.



Upcoming Dates

Sat, Feb 7th, 5-7PM

Sat, Mar 14th, 5-7PM

Sat, April 11th, 5-7PM

Cost: \$40



SACRED HEART SHAMANIC CIRCLE!

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



FRIDAY, FEBRUARY 13th ~ 7 to 9 pm

Venmo \$26 ~ @ freeyourspirit

RSVP: 530-863-0003, ma@fyspirit.com, fyspirit.com



East Wind Yoga
922 Lincoln Way, Auburn

Breathwork for Freedom

Feb 7, Mar 14, April 11, 2026
East Wind Auburn, 5:00pm - 7:00pm
Hosted by Andrea Spacek & Becky Bradley

Register

Shamanic Drum Circle

Fri, Feb 13th, 2026
East Wind Auburn, 7:00-9:00PM
Hosted by Mariscela Alvarez

Register

LIBRA FULL MOON/LUNAR ECLIPSE SHAMANIC CIRCLE

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



FRIDAY, MARCH 6th ~ 7 to 9 pm

Venmo \$26 ~ @ freeyourspirit

RSVP: 530-863-0003, ma@fyspirit.com, fyspirit.com



East Wind Yoga
922 Lincoln Way, Auburn



LEAVE LIGHTER.
RETURN CLEARER.

SOMNA
yoga nara

SOUND BATH
REIKI HEALING
MEDITATION

MARCH 7 ROSEVILLE

This Spring, SOMNA returns for a special evening.

One special night of deep stillness, breath-led regulation, and nervous system restoration.

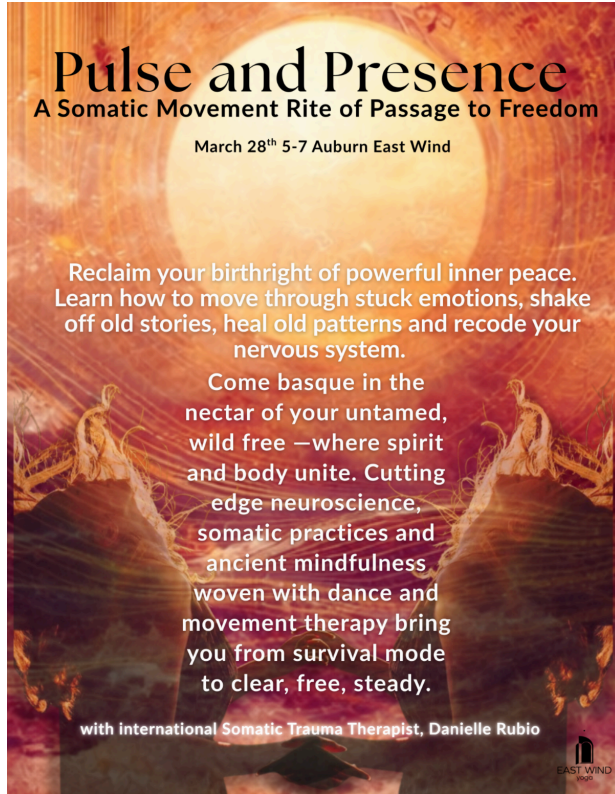
REGISTER 916-677-7825 6:00PM-7:30PM \$35 VENMO JUST-BU



Shamanic Drum Circle

Fri, March 6th, 2026
East Wind Auburn, 7:00-9:00PM
Hosted by Mariscela Alvarez

Register



Pulse & Presence

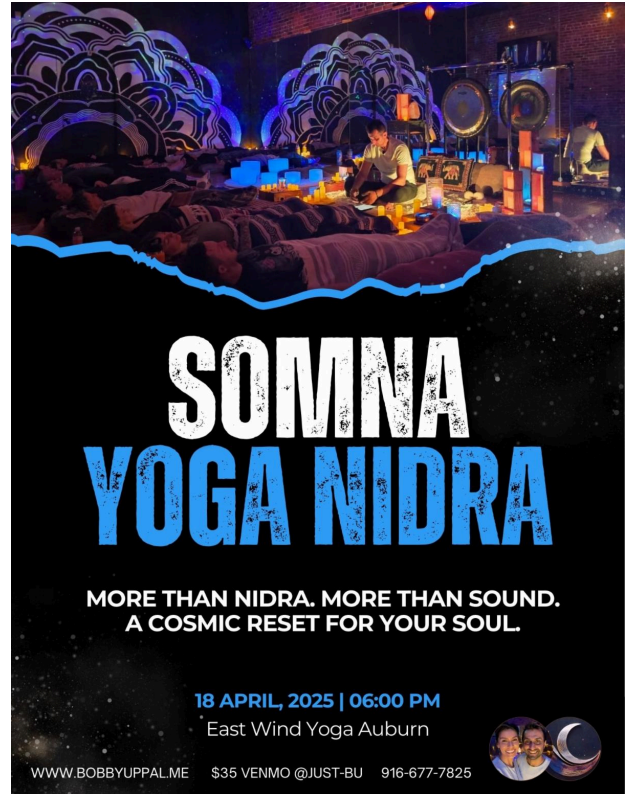
Sat, Mar 28, 2026
East Wind Auburn, 5:00pm - 7:00pm
Hosted by Danielle Rubio

Register

Somna Yoga Nidra

Sat, Mar 7th, 2026
East Wind Roseville, 6:00pm - 7:30pm
Hosted by Bobby & Karina

Register



Somna Yoga Nidra

Sat April 18th, 2026
East Wind Auburn, 6:00-7:30PM
Hosted by Bobby & Karina

Register

Yoga Teacher Trainings

200-HR YTT

STOP RUNNING. WAKE UP. SHOW UP. A modern, Yoga Alliance-aligned 200-hour YTT for real life –not retreat life. Build capacity under pressure, speak clearly, teach with integrity. Regulate. Relate. Lead.



You'll leave ready to teach—and to live awake. We train attention and hone language that lands. You'll design full classes, practice-teach with honest feedback. This isn't retreat life; it's capacity, clarity, and integrity you'll carry into work, relationships, and any room you're called to hold.

How to Join

- **Schedule Details**

- Online every Thursday evenings
- Bi-Weekly Saturdays and Sundays
- Full Schedule Online

- **Register**

- Deposit \$500 to reserve your spot
- Early Bird: \$2,250 through Mar 1 → \$2,750 after

Join
BOBBY
E-RYT 500



TRAINING BEGINS

01 MAY 2026



COMPLETE DETAILS ONLINE

Built for working humans. Not more noise—real skills and an experience you'll carry long after it ends.

For more information

916-677-7825

www.BobbyUppal.me

Yoga Retreats

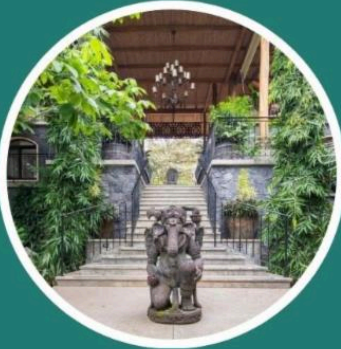
✦ East Wind members save \$600 when booked before 4/22 ✦



Pura Vida Costa Rica Retreat

July 11 - 18, 2026

East Wind members save \$600
***When booked by 4/22*



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.

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

EARLY BIRD DISCOUNT

- Receive a \$300 discount through 4/22/26
- East Wind members receive an additional \$300 off on top of the early bird discount when purchased before 4/22/26.

Your adventure starts here



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 



Nectar Rising

A Day Retreat



A Spring Retreat where sweetness, vitality, and new life begin to rise.

Foresthill, Ca
April 25th | 8am-5pm
Breakfast & Lunch
\$150

Facilitators:
Rose West 530-401-0783
Melissa Scharlach 916-217-1759
Call or text to reserve your spot



Yoga ~ Sound Healing ~ Chakra Workshop ~ Connection

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!