



EAST WIND

yoga

"In any given moment we have two options: to step forward into growth or step back into safety." - Abraham Maslow



We've had a strong start to the year at East Wind. Our community has shown up - early mornings, full rooms, deep breaths, meaningful conversations. The momentum is real. Now, this month invites us to refine it.

March is a time to renew and recommit.

To refine routines.

To return to the practices that keep us steady.

This is the power of ***sthira*** - steady, stable, and enduring strength.

Our Nutrition Challenge w/iMPower Fitness wrapped up last month with powerful results and deep commitment from those who participated. Well done!

Our new 6AM line up in Roseville has offered many of you a fresh rhythm and powerful anchor point for your week.

And our staff has been incredible at stepping it up for one another to fill in the gaps with schedule changes, with so much grace - I'm so grateful.

Growth isn't always obvious on the surface. Often, it looks like consistency and a deepening of self understanding. It looks like quietly showing up for yourself or someone else without expectation of applause. It looks like taking a breath before reacting. And choosing peace instead of chaos.

Our March offerings support this inner clarity and expansion through a variety of workshops, and an upcoming 200-hr Yoga Teacher Training with Bobby.

- Full Moon Shamanic Circle w/ Mariscela Alvarez
- Somna Yin w/ Bobby & Karina
- Breathwork for Freedom w/ Andrea & Becky
- Pulse & Presence w/ Danielle Rubio

Each one is an opportunity to unearth and even erase limiting beliefs, expand your capacity to experience joy and fulfillment, and tap into your potential through the portal of your body.

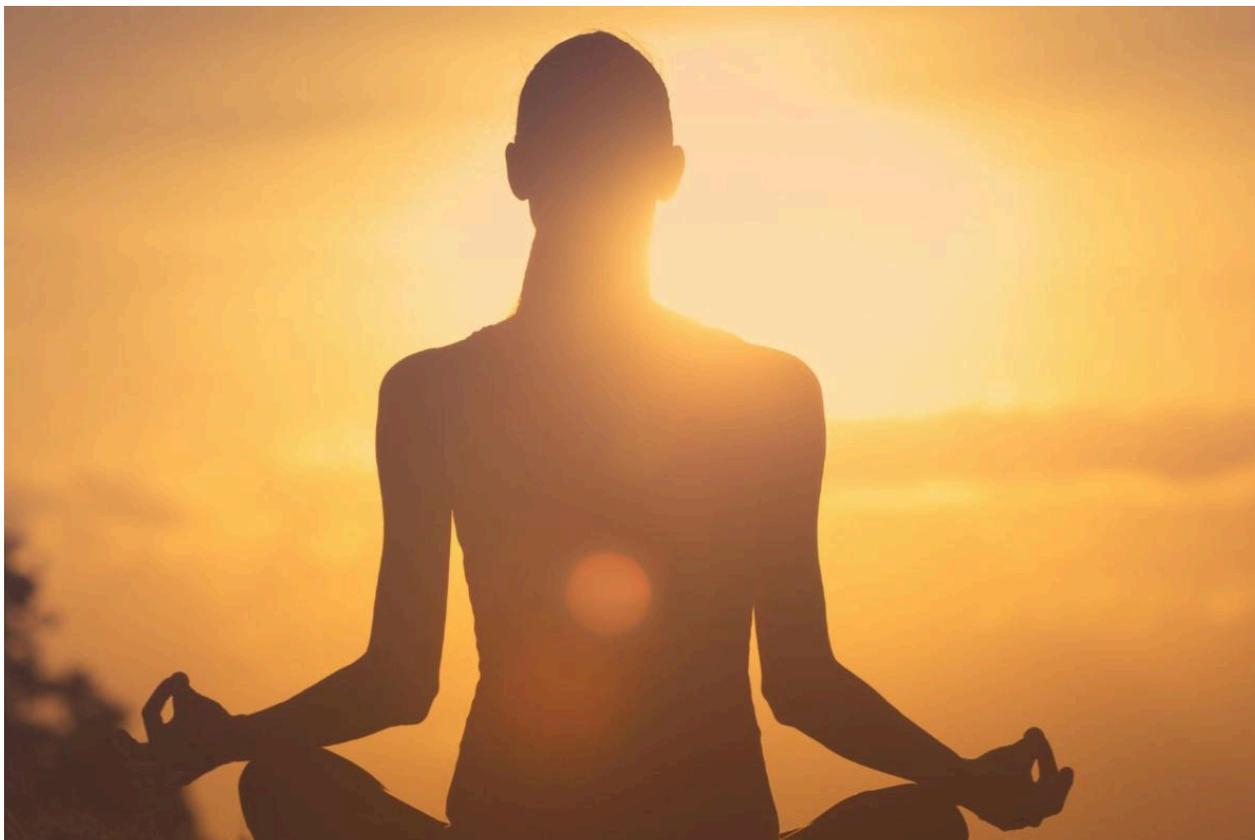
If you've been sitting on the fence with these offerings, let this be your invitation. Make a date with yourself. Show up. Step in.

Who knows? It might change the trajectory of your life.

In wild devotion,

Andrea + the East Wind Yoga Team

New Additions to our 6AM Line Up 🔥



Our 6AM students are some of the most dedicated, many of them showing up every day during the week at the wee hours of the morning. And our lineup has just gotten SMOKIN' with some of our favorite teachers.

Roseville 6AMs:

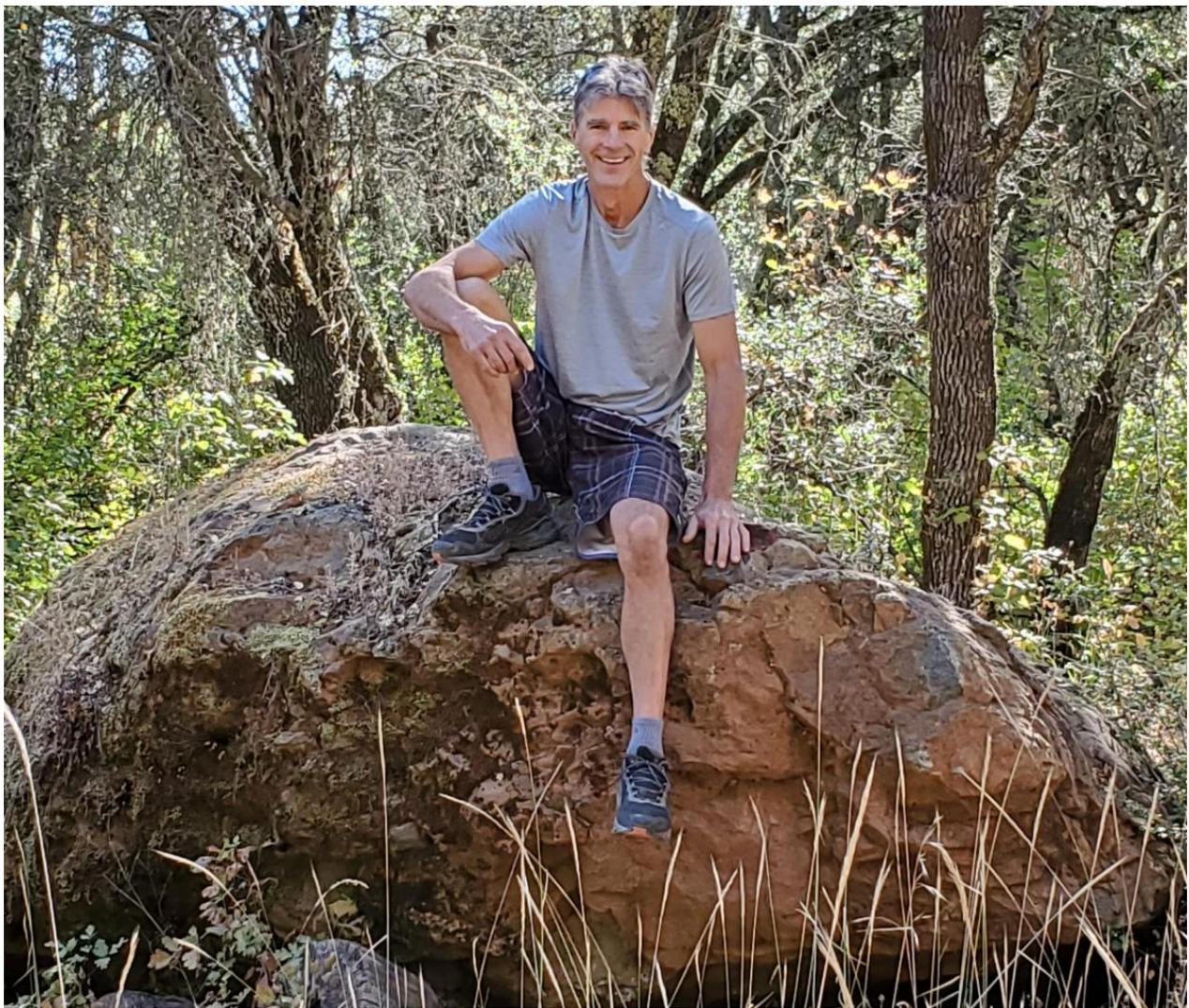
Tuesday Hybrid w/ Trisha
Wednesday Hybrid w/ Raquel
Thursday Flow w/ Susie

Auburn 6AMs:

Monday Flow w/ Courtney
Tuesday Hot w/ Scott
Wednesday Hybrid w/ **Bosby****
Thursday Hybrid w/ **Natalie****
Friday Flow w/ Hannah

These classes are all designed to wake up your body, clear your mind, and prepare you to move into your day balanced and open. Rise and shine with this stellar crew and see what's so special about an early hour practice.

Student Spotlight: Jeff Morton



"I grew up in a small town in Iowa and moved to CA to work for PG&E when I was 20. I married my first wife Candace at 24 (ok, well... we're still married so I guess that's going really well!). No kids - but several German Shepherd dogs thru our life and we've lived in Auburn for 20 years. Since retiring I volunteer with Placer Land Trust and try my best to grow things in the garden and orchard.

I've always enjoyed sports and activities like jet skiing, mtn biking, golf, pickleball and hiking/snorkeling with my dogs. When someone suggested yoga, I thought "Yeah - I could definitely use that!" Turns out yoga has been very helpful and beneficial to me. I was fortunate to know Andrea even before she took over at East Wind and every instructor there brings something special to each class. I appreciate everything they do for us. I really look forward to going, trying something challenging, and meeting new people.

East Wind Yoga has become a big part of my life - Thank You!"

If you see Jeff, introduce yourself, he's an awesome person to know.

Upcoming Workshops & Events

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 nidra

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

Somna Yoga Nidra

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

Register



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



Upcoming Dates

Sat, Mar 14th, 5-7PM

Sat, April 11th, 5-7PM

Sat, May 23rd, 5-7PM

Cost: \$40



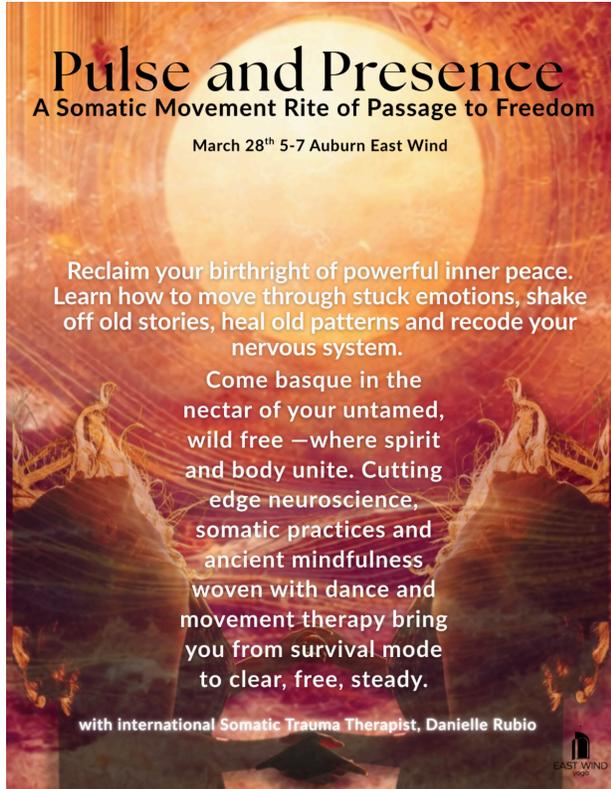
Reserve Your Spot Today!

Email Andrea at drespacek@gmail.com with any questions.

Breathwork for Freedom

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

Register



Pulse and Presence
A Somatic Movement Rite of Passage to Freedom
March 28th 5-7 Auburn East Wind

Reclaim your birthright of powerful inner peace. Learn how to move through stuck emotions, shake off old stories, heal old patterns and recode your nervous system.

Come bathe in the nectar of your untamed, wild free —where spirit and body unite. Cutting edge neuroscience, somatic practices and ancient mindfulness woven with dance and movement therapy bring you from survival mode to clear, free, steady.

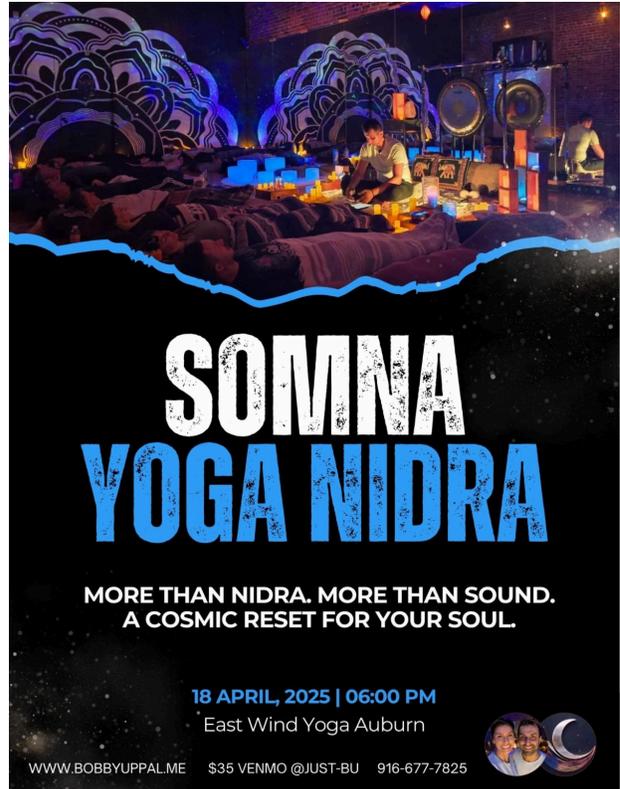
with international Somatic Trauma Therapist, Danielle Rubio

EAST WIND YOGA

Pulse & Presence

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

Register



**SOMNA
YOGA NIDRA**

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

18 APRIL, 2025 | 06:00 PM
East Wind Yoga Auburn

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



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

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Try email marketing for free today!