

From: East Wind Yoga eastwindyoga-gmail.com@shared1.ccsend.com
Subject: Happy Harvest Season
Date: September 30, 2024 at 11:04 AM
To: karen.alvarez@comcast.net



Autumn represents the harvest time of the year, both in nature and spiritually. Just like nature, our lives go through cycles of growth, harvest, death, and rebirth. And as the leaves fall, and the solar energy begins to fade, we are reminded of the importance of letting go. It is within the space left after the release that we are given space for expansion. We encourage you to take this time through meditation, yoga, journaling, and times of quiet to listen deeply within for the lessons, the gifts of this year, and the call of Spirit beckoning you onward.

Namaste



Thank you to everyone who came out on September 7th to Green Hill Ranch to celebrate an awesome summer together. The whole evening was a beautiful reflection of our fun-loving community with a Pickleball tournament (thank you Rose!), a toast /roast Scott (thank you Lyle!), an honoring of the Summer Challenge participants, and amazing food to share.

Thank you Kathleen Zaro for offering up your incredible space for us to enjoy! We'll be back.

New Buti Classes!

Every Saturday at 11:00 am in Roseville we now offer a Buti class for all levels. Buti is the combination of primal movement, yoga, and static shaking set to the rhythm of big beats for a big release and a LOT of fun. Join our amazing instructors for this unique experience.



JOIN THE MOVEMENT!

Starting Saturday, September 7th
11AM - 12:15PM
East Wind Yoga Roseville

NEW BUTI YOGA CLASS

MEET THE TEACHERS:

ROSE
Buti yoga frees my soul, voice, body, emotions, pain, and joy! It's a place where we dance, shake, spiral, move, play, laugh, cry, growl, be messy, be sexy, be weird, be curious, be wild, flow, surrender, breathe, sing, feel... feel it all. When I teach Buti I aim to create a safe container for people to open their dam and let that which has been contained to come forth.



TRISHA
BUTI is the body-shaking, soul-revitalizing, and juicy release that you've been yearning for. Come explore how freeing it is when you let go of your inhibitions and allow your body to move with no expectations. Just show up on your mat and let's have fun!



ELISE



I love Buti Yoga for the way it brings me out of my head and into my body. Seamlessly blending traditional yoga poses and breath with creativity, music, cardio bursts, plyometrics & dance. Harness the power of music, community & movement. Come sweat with me!



East Wind Yoga, Roseville & Auburn Studios | www.eastwindyoga.com | 508-737-3972

Fall Events Events

Monthly Women's Circle

Every 2nd Friday 7pm

East Wind Yoga Auburn

"We don't have to do all of it alone. We were never meant to." - Brené Brown

October 11th
November 8th
December 13th

RSVP TO MELISSA 916.217.1759

Goddess Circle

Every 2nd Friday
October 11th
7:00pm - 8:30pm
Auburn Studio
Hosted by Melissa

[View Details](#)

You are warmly welcomed

YOGA NIDRA CROWN CHAKRA

Experience a deep state of relaxation, opening the gateway to higher consciousness and spiritual connection with a sound bath, Reiki blessings, & guided meditation.

- October 12th, 6PM, Roseville
- October 19th, 6PM, Auburn

VENMO @JUST-BU \$30

Bobby & Karina 916-677-7825

Yoga Nidra

Sat., Oct 12th Roseville
Sat., Oct 19th Auburn
6:00pm
Hosted by Bobby and Karina

[View Details](#)

HALLOWEEN BUTI GLOW FLOW

EASTWIND Auburn Studio

OCT 25TH 7PM

Body Painting starts at 6:30
Pre-register on MINDBODY or at front desk
Led by Rose West and Elise Knox
Questions contact Rose 530-401-0783

Halloween Buti Glow Flow

Friday October 25th
6:30pm Auburn Studio - Paint
7:00pm Flow Begins
Hosted by Rose and Elise

[Message for Details](#)

DRUM DRUM

THE BEATING HEART OF MUSIC AND OUR SOULS

MONTHLY AT

FALL INTO REST

the final NIDRA

SOUND BATH REIKI HEALING MEDITATION

NOV 9 ROSEVILLE OR NOV 16 AUBURN

Join us for the final Yoga Nidra of 2024! Unwind, reset, and experience deep relaxation in this transformative meditation session.

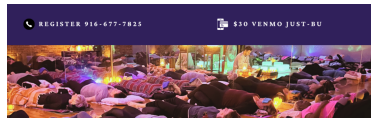
RESTORATIVE YOGA and Sound Healing

BY AUBURN EAST WIND YOGA WITH Melissa and Serena

reiki

REST AND RECHARGE

SAT. NOV. 23



Drum Circle

November 1st
7:00pm - 8:30pm
Auburn Studio
Hosted by Melissa

[View Details](#)

Yoga Nidra

Saturday, Nov. 9th Roseville
Saturday, Nov. 16th Auburn
6:00pm
Hosted by Bobby and Karina

[View Details](#)

Restorative Yoga Sound Healing

Saturday, November 23rd
6:00pm - 7:30pm
Auburn Studio
Hosted by Melissa and
Serena

[More Details](#)

Yoga Training

Art of Assisting



East Wind Yoga
20 hour
Yoga Assisting
Training
Program

Learn how to safely assist students in yoga to help enhance their practice and deepen their connection to themselves.

NOV 9th/10th 16th/17th



Saturdays 1-8pm
Sundays 1-4pm





TAUGHT BY:

Andrea Spacek
Melissa Love



EARLY BIRD PRICE
\$399 BY 10/01

RSVP TO 916.217.1759
\$399 by 10/01, \$459 AFTER

Event Details

Yoga Retreats

**Autumn
HARVEST
HARMONY
REATREAT**

Escape to a tranquil oasis this fall with a women's wellness yoga retreat. Immerse yourself in a weekend of relaxation, rejuvenation, & self-care as you indulge in yoga sessions, wellness workshops, & soothing seasonal rituals.

October 3-6 2024

530-401-0783 ROSE WEST
916-217-1759 MELISSA SCHARLACH

Women's Wellness Retreat

October 3rd - 6th, 2024
Healdsburg, CA
Hosted by Rose and Melissa

[View Details](#)

**YOGA
Retreat**

Saturday October 26th 8am - 6pm
Foresthill, CA

BREAKFAST - YOGA - CHAKRA WORKSHOP - LUNCH - WALKING
MEDITATION - SOMATIC BREATH CLASS - SOUND HEALING

ONE DAY
MINI
RETREAT

\$150

LIMITED TO
FIRST 20
PEOPLE TO
SIGN UP

CONTACT ROSE WEST 530-401-0783 OR MELISSA
SCHARLACH 916-217-1759 TO SIGN-UP

Day Wellness Retreat

October 26th, 2024
Foresthill, CA
Hosted by Rose and Melissa

[View Details](#)

*Yoga Retreat
Bali*

7 DAYS, 6 NIGHTS
JUNE 1-7
REGISTER NOW!

- Eco-Luxury Stay in deluxe rooms in a stunning Balinese resort.
- Nourishing Meals: Organic, high-vibe meals, 3 times a day.
- Daily Yoga & Meditation in breathtaking surroundings.
- Cultural Immersion: ceremonies, dance lessons, & more.
- Artisan Shopping Tour to top Balinese workshops.
- Balinese Massage: signature treatment of the Melan Spa.
- Charity Yekama Trek hike.

Contact Bobby & Karina
916 677 7653

Full Details
www.BobbyLippal.me/Bali

Walk in... float out

Bali Bliss Retreat

June 1-7th 2025
Bali
Hosted by Bobby & Karina

[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

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