



“Incredible things can be done simply if we are committed to making them happen.”

-Jaggi Vasudev



December is one of my most favorite months of the year. There is a quiet reverence that settles in as the stars begin to take up just as much prominence in the sky as the sun. Beyond the busyness, beyond the shopping, beyond the noise and blaring Christmas tunes, there's an undeniable glow that burns beneath the surface - LOVE. And each December, as we near the close of another year, love is reborn and renewed, and with it, a sense of hope restored.

This December, we bring back one of my favorite rituals of celebrating this sacred passage with the **Winter Solstice Spiral**. Join Andrea Spacek and Melissa Scharlach for this beautiful gathering on **Saturday, Dec 21st, 5-7:30pm** in Auburn.

The following day, on **Sunday, Dec 22nd**, we have our opening cacao ceremony and sound healing with the Sacred Sound Sisters, Alyssa Miles and Annette Tullo, from 12-3pm to kick off our 40-day Sacred Sadhana. Find out more and register [here](#) - spots are quickly filling up! You don't want to miss this!



# 2025 EAST WIND 40-DAY

## NEW YEAR SĀDHANĀ

Re-Calibrate your mind, body, & spirit

DECEMBER 22 - JANUARY 31ST

SUN <b>22</b>	OPENING CEREMONY - INTENTION SETTING, CACAO CEREMONY & SOUND HEALING, 12-3PM
SAT <b>28</b>	RELEASE + RESTORE + RECLAIM - A GUIDED BREATH & SOUL JOURNEY W/ MICHAELA RODGERS, 12-3PM
SAT <b>04</b>	GROWING A HOME APOTHECARY W/ DR. ERIN FALCONER, 12-3PM, GREEN HILL RANCH KITCHEN
SAT <b>11</b>	LYMPHATIC WELLNESS WORKSHOP W/ HILARY GILLIGAN, 12-3PM
SAT <b>18</b>	PULSE & PRESENCE - A SOMATIC JOURNEY TO HEALING W/ DANIELLE RUBIO, 12-3PM
SAT <b>25</b>	HOLOTROPIC BREATH & CACAO W/ ELIZABETH STOVER & TASHA BIGELOW, 12-3PM
FRI <b>31</b>	CLOSING CEREMONY & ECSTATIC DANCE WITH LIVE DJ, 7-9PM

[View Details](#)

2025 EAST WIND 40-DAY NEW YEAR SĀDHANĀ  
 Opening Ceremony - Intention Setting,  
 Cacao Ceremony & Sound Healing

SUN, DECEMBER 22ND, 12-3PM

KICK-OFF THIS 40-DAY CONTAINER WITH A POWERFUL EVENING  
 OF INTENTION-SETTING LED BY ANDREA SPACEK, A CACAO  
 CEREMONY, LED BY TASHA BIGELOW, AND ENDING WITH A  
 SACRED SOUND BATH TO AMPLIFY YOUR FIELD, WELCOMING IN A  
 NEW VIBRATION INTO YOUR MIND-BODY-SPIRIT COMPLEX.

with  
*Sacred Sound Sisters*  
 Annette Alyssa  
 Sound Healer EarthSong



## Holiday Sales for December

As you're filling out your shopping list this season, please include the gift of wellness with a Gift Card to East Wind Yoga. For the month of December, receive 20% off your purchase of \$100 or \$50 Gift Card to East Wind. You can purchase online [here](#), visit our front desk during class hours or contact the studio at [\(508\)737-3972](tel:5087373972) and we'll get you set up!





# East Wind Holiday Drive to Support our Homeless Neighbors



Help to support our local Homeless neighbors holiday season by donating supplies to the Gathering Inn, a local non-profit that does amazing work in our local communities to support our homeless friends. I was first made aware of this wonderful organization through church, and saw the incredible impact they were making in our community to organize a place for homeless neighbors to have a meal and take a shower and sleep at partnering churches every night. So when I thought of which charity I wanted East Wind to support this year, I thought of them.

From **December 1 - December 31st**, we will have collection bins in the front lobbies at our Auburn and Roseville studios for you to please drop off the following supplies that we

will distribute to the local branches of The Gathering Inn in Auburn and Roseville. Thank you for your support!

### URGENT NEEDS

Ground Coffee - Any brand / unopened containers  
 Disposable cups - Plastic or Styrofoam (any size)  
 Bike Locks - bike lock w/chain for individuals with jobs  
 Hair Brushes - Any style (new)  
 Laundry Soap - Liquid preferred  
 Underwear - New Men's and Women's (all sizes need)  
 Shoes - men's / women's (all sizes) (gently used okay)

### ON-GOING NEEDS

Cleaning Supplies - Disinfectant Sprays or Wipes  
 Disposable Razors - 3-4 blades (new)  
 Deodorant - Antiperspirant or Deodorant (new)  
 Trash Bags - 13 gallon & 30 gallon  
 Window Cleaner - Any brand  
 Cups / Bowls / Plates - Disposable (paper or plastic)

## 6AMs Are Coming to Roseville in January 2025

We are happy to announce the beginning of 6AM classes on **Tuesdays** and **Thursdays**, starting on **Thursday, January 2, 6-7AM, Pilates Flow with CJ Chandler**, and **Tuesday, January 7th, 6-7AM, Hybrid with Katie Light**. Add these gems to your weekly calendar and get on your mat before your work day.

## Welcome a New Teacher to our schedule, Katie Light!







When Katie Light discovered yoga, she allowed it to revolutionize her life. Katie has had a lifelong passion for expanding awareness and the consciousness of love. She received her 200hr YTT in Classical Hatha Yoga from Sivananda Yoga Farm. She is a Clinical Hypnotherapist, Author, and Content Creator at [www.valYOUable.net](http://www.valYOUable.net)  
Come check her out on Tuesdays at 6AM in Roseville, beginning January 7th.

## Winter Solstice Spiral

Winter Solstice Spiral, Saturday, December 21, 5-7:30pm with Andrea Spacek and Melissa Scharlach. Come celebrate the return of light from the darkness by walking the Spiral on the Winter Solstice at the East Wind Auburn studio. Please [RSVP for Winter Solstice](#) to save your spot.





# WINTER SOLSTICE SPIRAL & SOUND BATH

w/ Andrea Spacek & Melissa  
Scharlach

**SAT, DEC 21, 5-7:30PM**

Join Andrea and Melissa for the winter solstice and walk the evergreen spiral to the back drop of sound bowls.

This is a ritual to honor the year that is closing, while preparing your heart for the return of light.

\$20 / RSVP at the [eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com)

East Wind Yoga, 922 Lincoln Way, Auburn, CA  
[eastwindyoga@gmail.com](mailto:eastwindyoga@gmail.com) / 508-737-3972

# East Wind 40-Day Sādhanā Begins December 22nd

## 2025 East Wind 40-Day New Year Sādhanā Re-Calibrate your mind, body, & spirit

A 40-Day Sādhanā offers the subconscious mind a powerful container for transformation of patterns, habits, and even beliefs on a mental, spiritual, and cellular level. Referenced in many spiritual traditions world-wide, the number 40 - 4=stability/ foundation + 0=pure potential/ the seed - holds the energy of deep lasting change that comes from steadfast commitment to a practice.

Between December 22nd, 2024 and January 31st, 2025, we invite you into a deeply transformative container of re-calibration and evolution on all levels. The 40-Day New Year Sādhanā is a commitment to joining a community of individuals ready to shift into a new way of being in optimal health by attending a series of workshops that lead your system from the physical to the more subtle realms of health with some amazing practitioners.

The cost to participate is only \$99 and gives you access to 11 workshops over the span of 40 days, ranging from crafting kitchen medicinals, to somatic movement therapy, to postural alignment, to holotropic breathwork, sound healing, lymphatic drainage, and more!

Please stay tuned to our website and upcoming messages with more details. In this time of an expansion of planetary consciousness, we are committed to supporting the continued re-calibration of your physical, spiritual, and mental bodies to hold it, in commUNITY.

[More Information Here :\)](#)

## Yoga Teacher Trainings





*Restorative, Yin  
and Nidra*  
**YOGA TEACHER  
TRAINING**

**Benefits:**

- Learn the unique History behind these Modalities of Yoga
- Learn the Correct way to Teach and Therapeutic Assisting
- Learn the risks and contraindications of these practices
- Discover the blend of Chinese Medicine, Modern Day Anatomy, and Neuroscience that creates these practices

**Taught By:**

**ANDREA SPACEK  
MELISSA SCHARLACH**  
Channels of Healing Yoga  
Teacher Training



**Every Sunday (11-2 OR 11-4)  
Every Other Saturday (12-5)**



**Feb. 1st - March 16th**

**\$1200 Early Bird (Before Jan 1st)  
\$1500 Full Price**

**\*Payment Plans Available\***

**REGISTER/QUESTIONS?  
916.217.1759 / EASTWINDYOGA.COM**

[View Details](#)

# Holiday Schedule

**Christmas Eve, Tuesday Dec. 24th**

No Evening (5 & 7pm) Classes

**Christmas Day, Wednesday, Dec. 25th**

9:00 am Both Studios

Auburn - Slow Flow and Restorative Sound Bath with Chris Farrell and Tricia Sims  
Roseville - Flow with Raquel

**New Year's Eve, Tuesday, Dec 31st**

No Evening (5 & 7pm) Classes

**New Year's Day, Wednesday, January 1st**

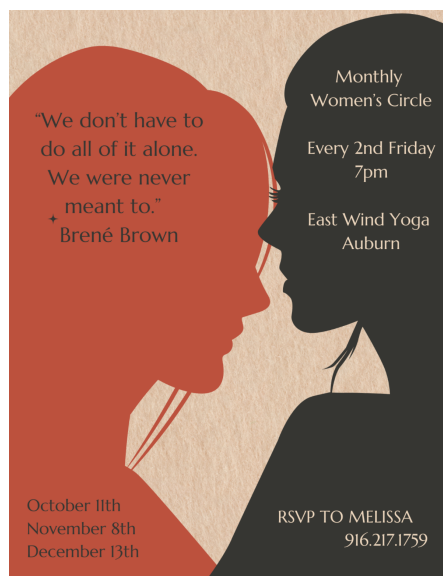
6AM Cancelled in Auburn

# Fall/Winter Events



## Drum Circle

December 6th



## Goddess Circle



## Winter Solstice Spiral and Sound



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

[View Details](#)

Every 2nd Friday  
December 13th  
7:00pm - 8:30pm  
Auburn Studio  
Hosted by Melissa

[View Details](#)

## Bath

Saturday, Dec. 21st 2024  
5:00pm - 7:30pm  
Auburn Studio  
Hosted by Melissa and  
Andrea

[RSVP Here](#)



**Community Drum Circle** Friday Jan. 3rd 7pm  
Drums Provided, or bring your own!  
916.217.1759 to RSVP  
"Donation Event" Suggested \$20  
Venmo Melissa-Yoga

## Community Drum Circle

Friday, January 3rd  
7:00pm - 8:30pm  
Auburn Studio  
Hosted by Melissa

[More Details](#)

KARINA ALMANZA BOBBY UPPAL

NEW YEAR, NEW ENERGY

# CHAKRA Reboot

GET READY FOR AN INFORMATIVE CHAKRA WORKSHOP DESIGNED TO PREPARE YOU FOR A YEAR OF GROWTH AND WELL-BEING.

WORKSHOP DETAILS

**04 JAN 2025**  
FROM 2:00 - 4:30 PM  
922 LINCOLN WAY, AUBURN

WHAT YOU WILL LEARN:

- IN-DEPTH CHAKRA EDUCATION
- SIGNS OF IMBALANCE
- PRACTICAL TOOLS
- CHAKRA JOURNALING PROMPTS

FIND MORE INFORMATION AT OUR WEBSITE WWW.BOBBYUPPAL.ME COST EARLY BIRD: \$45 REGULAR: \$55

## Chakra Reboot: New Year New Energy

Saturday, Jan. 4th  
2:00 - 4:30 pm  
Auburn Studio  
Hosted by Karina and Bobby

[View Details](#)

# 2025

NEW YEAR MEDITATION AND SOUND HEALING

ROSEVILLE STUDIO  
SAT, JAN 4TH 3:00-4:30PM

*Start your year with Guided Meditation, Intention setting, Ceremony, and an epic Sound Healing in this special experience.*

WWW.YOGAMUSICLOVE.COM  
RSVP: 916.217.1759  
\$35 PREPAY, \$40 DAY OF  
*Hosted by Melissa and Serena*

## New Year Meditation and Sound Healing

Saturday, January 4th  
3:00 - 4:30 pm  
Roseville Studio  
Hosted by Melissa and  
Serena

[More Details](#)



## Yoga Nidra Meditation

Jan. 11th Roseville

Jan. 18th Auburn

6:00pm

Hosted by Bobby and Karina