



RISE WELLNESS

YOGA • MASSAGE • COMMUNITY



[www.riseyoga.com](http://www.riseyoga.com)

## Rise Yoga Studio

Schedule Online

Massage

Energy

Classes

Happy Holidays!

### Refrigerator Wisdom

One of my favorite phrases of all time is the proverb "Let Go or Be Dragged." I am constantly reminded of it due to a refrigerator magnet that I purchased many years ago. Never underestimate the power of a refrigerator magnet...

The phrase has caught my eye more than once in recent months, and I'm beginning to understand it so much more profoundly than before.

Let me explain. When Dave said that he was moving back to North Carolina, I suffered a lot. I don't like changes, and I couldn't imagine us doing this without him. More importantly, I don't like saying goodbye to people that I love, and all of it felt very real and very painful.

In order to save myself and to push my sadness away, I energetically let go of the studio, telling myself that "whatever is meant to happen will happen." I couldn't imagine muscle-ing my way through the growing pains. I couldn't see how we could steer the studio into the next chapter, especially since many of us have full lives and busy schedules.



So I decided to let go, which is unusual for me. Once I let go, then everything shifted quickly. Steve stepped up, Lucy stepped up, Anne stepped up, Aria stepped up, Kimberley stepped up, Rachel stepped up, and oodles and oodles of other people told me that they were ready to keep this place going and growing. There is so much love and creative potential here in our group of therapists, instructors, and students. My gratitude is never-ending.

I'm learning that "letting go" is mighty and it's powerful, and as long as we're alive, we'll never get to the end of it. There is always space to let go a little bit more. Imagine going with the the ebb and flow of life, and trusting that the shifts and changes will work for us, not against us. Too bad that we didn't learn THAT in school. Our lives would be very, very different, indeed.

Much love to all of you,  
Aimee

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## News from the Yoga Room

*Updates from Aimee and Lucy*

- Don't forget to sign up for our **Kundalini Yoga Workshop** taking place **on Mother's Day from 3:30 - 5:00 p.m. Please save your spot by May 6th.** You can sign up through our website at [riseyoga.com](http://riseyoga.com)
- Laura has decided to step down from Wednesday's Restorative class, so Lucy will continue teaching it after all. Welcome back

Lucy! But if you were looking forward to seeing Laura, try out her **Gentle Yoga Class on Tuesdays at 2:00.** You won't be disappointed!

- Beginning this week, Maggie debuts **Hatha Flow Yoga on Thursdays at 6:00 p.m.** It's going to be good! We haven't offered an In-Studio class on Thursday evenings for quite a few years now.
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## There is a lot going on this Summer!

*Make some room on your calendar for these upcoming events~*

- It's that time again! Lucy will take out

her gong, chimes, and bowls for her **Summer Solstice Sound Healing Concert on Saturday, June 17th, from 3:30 - 5:00**. Consult our website for more information.



- We are in the initial stages of planning a **Summer Get-Together on Saturday, June 11th**. Please pencil it in your calendar, and we'll supply the details soon!
- **The International Day of Yoga is on Wednesday, June 21st**. Please enjoy a free yoga class of your choice during this week to celebrate the day and to usher in the first official week of summer.
- **Reiki Share Experience**: Join Reiki Master Teacher Danielle Kenna for an afternoon of healing on **Sunday, June 25th, from 5:00 - 7:30 p.m.**

*The first part of the afternoon brings together energy practitioners to set the foundation for healing and to align intent. The second half is open to those individuals who want to learn about and experience the power of energy healing. For more detailed information, consult our website at [riseyoga.com](http://riseyoga.com).*

- Don't forget to drop by the **Elks Club Farmers' Market** on certain Saturdays in May and June. We'll be there this upcoming Saturday, **May 6th, from 8:00 a.m. to 1:00 p.m.**

*A special shout out to Kim, Pam, Steve, and Lucy for volunteering this week. It feels great to be in the midst of the larger Pocket/Greenhaven community, and it's not too late to be a part of it. Volunteer for a full shift from 7:30 - 1:30, or volunteer for a portion of that time. Please reach out to Lucy or Anne to get your name on the schedule.*

***The Farmers' Market is located on the corner of Riverside and Florin. We'll also be there on 5/20, 6/10, and 6/24. We'd love to see you!***

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## Yoga Voices

*The voice deep within you is your Yoga Voice. It's your Authentic Self. It's the voice that is shouting at you to speak up; it's the voice that wants to help; it's the voice that*





*wants change; it's the voice that is angry and it's the one that is looking for peace; it's the voice that needs to be heard. Let your voice be heard. Speak up so others can speak up as well. But first, look within and listen.*

## **Moving Toward InterConnectedness**

*By Bryan Mapenzi*

Deeply rooted in the history of the Western world, there is an over-emphasis on the "self-made man," and on the necessity of rugged individualism. Unfortunately, all of these ideas regarding the power of the individual take away from the fact that we are all wrapped in a web of interconnectedness.



This disconnection from others is truly a disconnect with the essence of who we are. Each and every human being is a spiritual being having a physical experience here on Earth. Unfortunately, we have not only become detached emotionally and spiritually from our fellow humans, but from nature as well.

Each and every thing we touch, see, and feel is a part of us in some cosmic way and embracing this connection to all things will surely grow our love for one another and most importantly, for ourselves.

I hope that you take the time during your week to seek more opportunities to be in touch with the essence of who you are:

- Feel the warm and tender touch of a loved one
- Share a meal with an old friend
- Get outside in nature and tap into the external universe
- Meditate and further explore the universe within

We are meant to connect and love deeply, and I hope that you can find time to stop, honor, and acknowledge your Self and the way that you are connected to All of Life.

--- Bryan is a Holistic Wealth & Wellness Coach, a Recovering Perfectionist, a Gardener, (and incidentally, Rachel's husband).

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## Mark Your Calendars - Details at [Rise Wellness](#)

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### Rise Book Club

7:30 pm - 9:00 pm -- Meets at Rise Yoga

May 1st, 2023 (This evening)

*The Seven Moons of Maali Almeida*

by: Shehan Karunatilaka

June 5th, 2023

*Grey Bees*

by: Andrey Kurkov

July 10th, 2023

*The Personal Librarian*

by: Marie Benedict

August 7th, 2023

*Less is Lost*

by: Andrew Sean Greer



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Please continue to believe in yourselves!

With Gratitude,  
The Rise Yoga Staff

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**Yoga | Qigong | Massage | Energy | Yoga Therapy | Teacher Training**

7385 Greenhaven Drive, #5 · Sacramento, CA 95831 · 916.838.4284

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