



RISE WELLNESS

YOGA • MASSAGE • COMMUNITY



www.riseyoga.com

Rise Yoga Studio

Schedule Online

Massage

Reiki

Yoga



I'm not good at Yoga

I can't do the full expression of Mermaid Pose, and even if I could, it wouldn't look like this graceful depiction at the left. It's the placement of the arms that gets me every time.

I envy yogis who have mastered their minds and their bodies, and who can seemingly do every yoga posture known to the human species, yet I'm

also ok with not being that kind of yogi. Yoga can be many things, and in California it can look like a perfect body in a perfect pose and perfect hair, but I guarantee you that this is magazine and Instagram magic, and it's certainly not real life in a yoga studio.

I've stopped counting how many times people warn me that they're not good at yoga. When they say it, it's like I can see the images of those perfect humans drifting through their mindscape. Do those beautiful dancer-like yogis exist in real life, and in real yoga studios? Absolutely, and it's so nice to see how they express their beautiful essence through movement.

But that is not the norm, and becoming a strong and fluid dancer-like yogi is not the goal of yoga. In fact the most authentic yoga practice (according to me) is to simply show up to each day and each practice and each pose as authentically you. The goal is to show up, be in community, and to feel safe to move, explore, and feel. There are few spaces in life for that kind of work, mainly because there are so many tasty distractions pulling at us nowadays.

When you open the gate to mindful movement, and you begin to understand how your body is a reflection of everything that you have ever experienced, then you begin to commune with the body in a different way. Movement becomes a doorway to communicate more deeply with your soul, your spirit, and with the precious parts of you that are often overlooked or forgotten.

Sending you lots of love--as always!
Aimee

What's New in the Yoga Room?



New Vinyasa Class with Janina

Date: Sunday mornings

Time: 9 a.m. - 10 a.m.

Where: In Studio and Online

Cost: Part of the regular class schedule

We're thrilled to have the positive energy of Janina at the studio! She recently moved from Nuremberg, Germany to Sacramento with her husband, Nils, and together they are growing their roots here in the Pocket neighborhood.

Janina has been taking classes with us this past month, and if you've seen her, you've probably noticed that she has a stately and beautiful presence. We're very fortunate to have her with us!

Janina has a profound self practice that has successfully helped her manage back pain and anxiety. She attributes her yoga practice as the key to her current state of health, inner balance, and strength. Yoga has helped her find a better version of herself, and she'd like to help bring that out in you too.

Janina's Sunday morning Vinyasa class will begin with relaxing and calm elements that will help you wake up gently. She will then bring in more powerful and activating asanas, with a focus on breath, to gather power, courage, and energy for your day--as well as lots of good music

that will help you flow to the beat.

Through meditation, mindful breathing, but also exuberant and intuitive movements, she hopes that you'll start the day consciously and easily. You'll strengthen your body and release blockages and tensions, and tap into your intuition and recharge your senses because energy goes where the breath flows.

Sunday Vinyasa begins tomorrow morning.

We hope to see you there!

More Yoga Room Announcements for October

Zumba with Neo changes to 9:00 a.m. on its regularly scheduled days of Tuesdays and Fridays.



Sunday Hatha and Meditation changes to 10:30 a.m. (30 minutes later) to accommodate our new Vinyasa offering.

We recently joined **Class Pass**, so be prepared to see some new yogis flowing in and out of the studio. Class Pass is a way for people to sample studios and fitness centers in Sacramento. I know that you'll give each person who walks through the door a warm welcome! I'm so proud of our community and of our classes and therapists that I can't wait to have visitors!

Halloween falls on a Tuesday this year, and I heard through the grapevine that Lucy is going to dress up for her 4:30 class that day. Feel free to dress up too! Lucy's Therapeutic Yoga Class will be the last class of the day so you can fully enjoy your spooky night!

Workshops and Special Events

Hindu Gods & Goddesses Workshop: Durga

Date: Sunday, October 22nd

Time: 3:00 - 5:00 p.m.

With: Divya Sen

Where: In Studio Only



Cost: \$40

Join Divya for a deep dive into a major Hindu Goddess, Durga, who is the Ultimate Mother Goddess. She is Shakti (energy), and she is also associated with protection, strength, motherhood, destruction, and wars. In this workshop, we will learn about all ten of her avatars, including their powers and specialties. We'll chant her mantras, and meditate to awaken our inner Durga or Goddess. We will also end our session with our favorite yogi tea.

Please sign up for this special opportunity at the Front Desk or at riseyoga.com

Stress, Hormones and Inflammation Seminar with Dylan Wong

Date: Saturday, October 21st

Time: 3:00 - 4:30 p.m.

With: Dylan Wong

Where: In Studio Only

Cost: Free, and a late afternoon lunch/early dinner is included.



Robin Wong, of "Nutrition with Robin," came to our studio last January to guide us through some much-needed advice and tips regarding holistic health. This year her son, Dylan, also a wellness coach, comes to the studio to continue their work in our community by teaching how to address the root causes of health issues.

Robin and Dylan make it their life's work to help individuals unlock their most vibrant, positive, exuberant self so they can live abundantly, be there for those who count on them, and fulfill their bucket list. Their approach to wellness helps with many common conditions, including weight gain, poor sleep, brain fog, chronic fatigue, high cholesterol, high blood pressure, hormone imbalances, digestive issues, and autoimmune disease. During this workshop, you'll learn:

- * The overlooked and underlying causes of hormonal issues & inflammation
- * Crucial lab tests needed to identify the root of the problem
- * How chronic, long-term inflammation is the root cause of many health problems and what you can do to reduce inflammation.
- * Why There Are 50 million Americans with an autoimmune condition

(Lupus, MS, Rheumatoid Arthritis, Celiac Disease, etc.) and how to prevent it.

*Real solutions that can be done right now to control chronic health problems

...all through the doorway of lifestyle and other safe, natural means.

Dylan and Robin own "Nutrition with Robin," which serves individuals and families in the Sacramento region and beyond. Their office is actually only about a block away from Rise. Please consult their website at nutritionwithrobin.com.

Register for this free event at the front desk or at riseyoga.com.



Winter Solstice Sound Meditation

Date: Sunday, December 17th

Time: 3:00 - 4:30 p.m.

With: Lucy Fong

Where: In Studio Only

Cost: \$40

Enjoy a flow of sound and energy to inspire deep relaxation and renewal in the body, mind, and spirit. Using Tibetan bowls, chimes, and a gong, Lucy will channel a flow of catalytic sound with the awareness and intention of love, healing, and transformation.

Please sign up at the front desk or at riseyoga.com



Holiday Blues Support Group

Start Date: November 7th

Duration: 7 consecutive Tuesdays

Time: 6:00 - 7:00 p.m.

Where: In Studio Only

Cost: \$80 for the series

With Licensed Therapist Rachel Mapenzi, and Energy Healer Aria Palmieri

The holidays can be hard on the mind, body, and spirit. During the winter season, we may isolate ourselves when experiencing depression, anxiety, stress, grief, and a myriad of relationship conflicts. Many of us don't realize how much we would benefit from a safe space

where we feel supported and connected. If you anticipate having some of these feelings in the coming months, we hope you'll consider joining us. You are not alone!

Please sign up for this important offering at our front desk, or visit our website at riseyoga.com. For more information about the support group, write to Aria (aria@riseyoga.com) or Rachel (rachel@riseyoga.com).

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

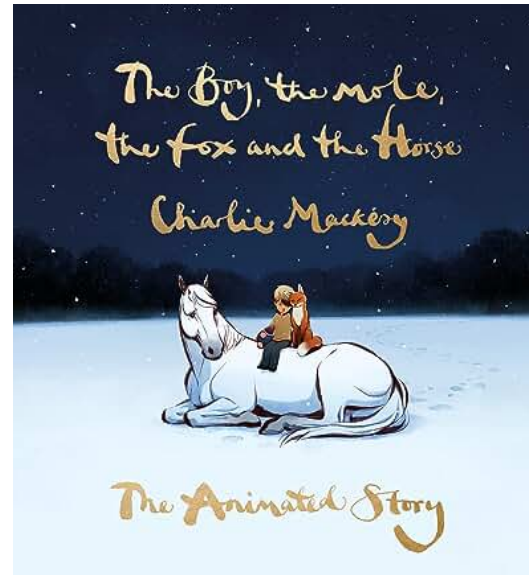
Rise Book Club

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

October 2nd
The Boy, the Mole, The Fox and the Horse
by Charlie Mackesy

November 6th
Kindred
by Octavia Butler

December 4th
Barbie
Movie Night at Rise Yoga



May the longtime Sun shine upon you, all love surround you, and the pure light within you, guide your way on...

Aimee & The Rise Yoga Staff

Yoga | Qigong | Massage | Energy | Yoga Therapy

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