



RISE WELLNESS

YOGA • MASSAGE • COMMUNITY



www.riseyoga.com

Rise Yoga Studio

Schedule Online

Massage

Energy

Classes

April 1st, 2023

Passing the Baton



As many of you know, Lucy and I started practicing yoga when Rise opened its doors in 2006. We instantly fell in love with Ann's Vinyasa classes in her warm little studio. Many of us have good memories of that first phase of the studio with our cherished instructors: Reno, Debra, Josh, Ann, and Stuart.

Ann passed the baton to Dave in February of 2020, just one month before the Covid epidemic closed our doors. Dave acted quickly by placing our offerings on Zoom, and with the support and commitment of our beloved yogis, Rise continued to thrive. Dave appeared at just the right time. His determination, technical knowledge, and love for our community kept all of us connected.

Now Dave passes the baton to me. For now, I welcome the idea of allowing things to unfold at their own pace, and to trust the instructors, therapists, and students to share their natural gifts, wisdom, and talent with us. Please help me, help us, create something special here during this third phase of Rise. I don't come in with any preconceived notions of what it needs to be. I imagine that baton in the middle of the practice

space, with many people surrounding it. I have a notion that Rise's next phase will be a collective one. And that feels right...

With gratitude for all of you,
Aimee



Kundalini Yoga Workshop in May

with Lucy and Aimee

Join Aimee and Lucy for a Sunday afternoon of community and practice. During the workshop you'll learn how to wrap a head covering, why it's recommended to wear head coverings during Kundalini yoga, and a short history of how Kundalini yoga and Sikhism intersect. This will be followed by an accessible Kundalini practice and a sound bath. Yogi Tea will follow, of course!

Please join us on Sunday, May 22nd, from 3:30 - 5:00.

The cost is \$40 per person, and a beautiful head scarf from Cottonflower Clothing is included. To sign up visit riseyoga.com.

Volunteers Needed for Saturday Farmers' Market

by Anne Stausbol
Volunteer Coordinator

Have you been wondering how you can support Rise during the transition? Here's one way that is both easy and fun. Rise will

host a booth at the Saturday Farmers Market (Elks Club at Riverside & Florin) for several Saturdays, April through June: 4/15, 4/29, 5/6, 5/20, 6/10, and 6/24.



The booth will offer a massage chair experience, complementary one-class passes, possible demonstrations, and the opportunity to learn about the studio.

The booths will be staffed by a Rise teacher and a massage therapist, as well as a Rise student – and that's where you can help. Please consider volunteering a Saturday morning from 8-12 to support the studio. Your role will be to chat with people about our offerings, our community, and about your experience at Rise.

A sign-up sheet is posted in the Rise lobby. If you have questions, please ask Lucy, or email her at lucy@riseyoga.com.

Thank you for your support!

News from the Yoga Room

Updates from Aimee and Lucy

- Just a reminder that we have two new classes at **2 o'clock**. Please try out Laura's Gentle Yoga Class on Tuesdays and Lucy's Chair Yoga class on Thursdays. You won't be disappointed!
- Julie is now offering **Yoga for Mobility**, formerly Hatha Yoga, on **Thursday mornings at 11:00 a.m.** She brings her therapeutic background to a deeper focus of mindful movement to support long term mobility and improve range of motion to the joints. Fans of therapeutic yoga will surely welcome this new offering.
- Maggie debuts **Hatha Flow Yoga on Thursdays at 6:00 p.m.** beginning on **May 4th**. Hatha Flow Yoga is a combination of continuous flow of movement with some longer holds. It's a unity of breath and asana, stillness, and action. Those of you who practice yin, yin/yang, hatha and/or vinyasa will surely enjoy this new offering.



News from the Therapy Rooms

where the magic happens...



Kimberly and I (Aria) are so very grateful to be a part of the Rise team and to be welcomed and supported by such a warm, loving and like-minded community.

We enjoy connecting one-on-one with those of you who have come to see us for healing, and we greatly value the trust and connection that is cultivated in the deep work that we do together. We honor each of you for making the conscious and courageous choice to step into your bodies, address your pain and love yourself with the gift of body work.

I have chosen to shift the focus of my practice so that I can hone my

skills as a practitioner of **Myofascial Release and Craniosacral Therapy**. These are specialized modalities of massage that address deeper issues of the whole: such as old injuries and scar tissue, chronic pain, and tension in the body due to a hyperactive nervous system (chronic stress). I also offer somatic healing sessions, which address restrictions in the body caused by emotional pain, trauma and subconscious, limiting beliefs.

Kimberly specializes in **Deep Tissue and Trigger Point release therapy**, addressing referral pain patterns, postural deviations, chronic tension, and assisting in injury recovery. If you prefer a lighter touch for basic self care or as stress relief, she also offers **Traditional Swedish Massage**.

If you haven't booked a session at Rise, please consider it. You can even get a taste of our offerings at the Farmers' Market, so consider visiting us there.

I often hear people exclaim how much they didn't realize they needed a massage. I promise that your body, mind and spirit will thank you!

We couldn't do this without you...

Please help us thank...

A graphic of the words "Thank U!" in a bubbly, red, hand-drawn font with a white outline and a drop shadow. The exclamation point is also red and has a small heart shape at its base.

- Abbie for designing our beautiful yoga flyers. We're going to keep you busy, Abbie!
- Rachel, Brian, Kimberly, Aria, Lucy, and Steve for working on a sunny Sunday afternoon to create a cozy space for our props.
- Rachel, Ann B., Kim, Lucy, Aria, and Steve for washing studio blankets each week.
- Anne for setting up an interview with *Inside Pocket*, and for being our Care Team and Volunteer Coordinator.
- Lucy for spearheading and managing the Farmers' Market for us-- and for gifting us with the cleanest water in California.
- Claudia for her thriving book club!
- Dave for helping us transition so gracefully, and for being positive and helpful through it all. I have so much gratitude for him. My mentor, my friend...
- And especially to all of the rest of you for showing up for yourselves (and the rest of our community) each week. Thank you for the well-wishes and for your consistent and loving support.

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

Rise Book Club

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

April 3rd, 2023

The Seven Moons of Maali Almeida

by: Shehan Karunatilaka

May 1st, 2023

Lessons in Chemistry

by: Bonnie Garmus

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



Please continue to believe in yourselves!

With Gratitude,
The Rise Yoga Staff

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

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