



RISE WELLNESS

YOGA • MASSAGE • COMMUNITY



www.riseyoga.com

Rise Yoga Studio

Schedule Online

Massage

Reiki

Yoga



Fourth of July Pocket Parade

The excitement is building for our neighborhood parade tomorrow. We hope that you'll participate with us! It's not too late!

Each year I sit on the grass under one of the trees in front of Matsuyama Elementary to watch the cars go by in the parade. (Yes, it's mainly cars, but it's still fun!) My dad has two old, beautiful cars, and he proudly parades them down Windbridge each year. I cheer and clap when he drives by, and I've always wondered why Rise has never walked in the parade. Now we will!

Consider meeting us for pastries and coffee in front of Gail's house near the starting line of the parade at 9 a.m. From there, we'll walk together in the parade. If you can't make it, no worries, just cheer us on

from the sidelines. We are number #51 in the parade.

Kim had some cute t-shirts designed for the event. I had our studio name placed on stretchy bracelets and on silky flags, and Elise and Pam S. kindly labeled the 500 candies that we'll hand out to the kiddos watching the parade.

We truly hope that you'll join us!

Time: 9:00 a.m. - 11:00 a.m.

With: Rise Yoga staff, students, clients, family, and friends

Where: Gail's house at 9:00 a.m. (email me at aimee@riseyoga.com for her address)

Parking: Please note that three major streets will be closed during the parade: Windbridge, South Land Park Drive, and a section of Pocket Road. Please consult the Pocket Parade website for more information about road closures at july4thpocketparade.com.

If you live outside of the neighborhood, consider parking at our studio, and taking the walk to Gail's house from there.

Directions from Rise:

From our parking lot, turn right onto Greenhaven Drive
Take the first left on Windbridge,
Then turn left onto South Land Park Drive.

Parade Route: From Parkway Oaks Park (near Gail's house), we'll walk down the length of Windbridge. The parade ends at Garcia Bend Park. There will not be any activities or food trucks at Garcia Bend this year due to construction. If you don't like walking in parades, just have treats with us, and then watch the parade from the sidelines!

Organizers: Gail, Kim, Elise, Cindy, Aimee, Lucy, Steve, and Aria

We'll see you tomorrow!



Experience Yoga Nidra

Join Jill Weston this Saturday afternoon for a soothing session of Yoga Nidra. There's nothing better than a cooling and calming experience of Yoga Nidra on a hot summer's afternoon.

Jill is the former owner of Breathing Space in Elk Grove, and is affectionately referred to as a "stress whisperer." She has facilitated Yoga Nidra sessions since 2012. She currently lives in Mexico, but she is flying in just for us. Don't miss this opportunity to practice with her!

One of our students, Rachel Mapenzi, met Jill for the first time when she offered a Yoga Nidra class at Arden Fair Mall. Rachel said that she was amazed that Jill was able to create a sacred space even within that bustling atmosphere. She suggested that we contact Jill so she could share her magic with us. I'm grateful that we found her!

Date: July 8th

Time: 4:00 - 5:30 p.m.

With: Jill Weston

Where: In Studio

Cost: \$25

New Ashtanga Yoga Class

Start Date: Monday, July 10th

Time: 9:00 - 10:30 a.m.

With: Johanna

Where: In Studio



Cost: Use your current membership or class card.

Beginning on July 10th (next Monday), Johanna will launch an Ashtanga/Yin class on Monday mornings from 9 a.m. - 10:30. The first part of class will spotlight a section of the Ashtanga Primary Series. The second part will consist of long, deep stretches, meditation, and contemplation. Ashtanga's Primary Series follows a set sequence of 75 poses, and Johanna's goal is to help you build strength, flexibility, confidence, and ease in your yoga practice. If you like to challenge yourself in a fun, safe, and encouraging setting, this is the class for you!

Summer Yoga in the Park

Date: July 15th
Time: 9:30 - 10:30 a.m.
With: Maggie
Where: Garcia Bend
Cost: Free



Join Maggie for **Yoga in the Park** on the third Saturday of each month from July through September (7/15, 8/19, and 9/16) at Garcia Bend Park, at the corner of Windbridge and Pocket Road. These classes are free of charge. You can just show up, and bring a friend or two!

Kriya Cooking Class with Maggie



Date: Saturday, July 16th or Saturday, July 30th (two choices)

Time: 5:45 - 8:00 p.m.

With: Maggie

Where: In Cindy's beautiful backyard garden

Cost: \$75

You've probably heard the buzz about Maggie's mouth-watering vegan dishes--served at our Open House and at a couple of other studio gatherings. Maybe you've also heard about Cindy's gorgeous backyard, her outdoor table settings, and about how being in her backyard simply transports you to a romantic space where time slows down and beauty shows up.

We'd love for everyone to experience this pairing of healthy, honest food, and good company in the most beautiful of settings. Maggie and Cindy are thrilled and delighted to bring these offerings to you. They can accommodate up to 8 people for these cooking classes, and assuming that many people would like to participate, they have opened two dates in July.

The Cooking Classes this month will highlight the versatility of garbanzo beans, and how their creamy goodness can be used as a base or key ingredient in many different ways. You'll be surprised when you see Maggie's mastery at work. You've never tasted hummus like this before. Mmmmm...

To add to the experience, Maggie seamlessly brings in breath practice, mantra and meaning while she instructs you on how to properly prepare the ingredients for July's recipes. You'll laugh and smile as you visit, chop, drink wine, and banter with Maggie.

*Please sign up for this special event at riseyoga.com.
photo credit: Gail Hall*

"Love Your Gut" Sourdough Workshop

Date: Monday, July 24th

Time: 5:30 - 7:30 p.m.

With: Julie

Where: At Julie's House

Cost: \$15, plus items that you bring to the workshop

Tower Gardening (Aeroponic Gardening) 101

Date: Saturday, July 29th

Time: 3:00 - 5:30 p.m.

With: Julie

Where: At Julie's House

Cost: Free

During our Open House last month, many of the attendees filled out a survey, and there was an overwhelming response for more information about nutrition. We have many people on staff who are qualified to educate our community on nutrition, cooking, and healthy living. Some of these people include Instructors Julie, Maggie, and Gray, Massage Therapist Kimberly, and guest contributor Bryan Mapenzi.

Julie often hosts events at her house, and you'll see me posting some of these events in our newsletters. You may have tasted the delicious and fragrant herbs from her tower gardens that she leaves for us at the studio. Or maybe you've had a taste of her warm homemade sourdough bread with butter? It's sooooo good! Since these events are outside of the Rise umbrella, please write to Julie directly at juliehanwellness@proton.me for more information.

Intermediate Yoga Studies:

Hindu Gods & Goddesses

Start Date: Sunday, September 17th

Duration: 7 consecutive Sundays (2 ceremonies + 5 lectures)

Time: 4:00 - 5:15 p.m.

With: Divya Sen

Where: In person and online by request

Cost: \$320 (If you're interested in a payment plan, please contact Lucy at lucy@riseyoga.com)

Early-bird special: \$280 (payment due by August 1st)

During this series of lectures, Divya will help us understand the importance of the Hindu deities--what they symbolize, and the practices that honor them. Our studies will include Ganesh, Shiva, Parvati,

Brahma, Saraswati, Vishnu, Lakshmi, Hanuman, Bhudevi (Mother Earth), and Durga and/or Kali (Ultimate Mother Goddess).

In addition, Divya will invite us into her family's home for two fire ceremonies which will initiate and close the course. A traditional offering and traditional Hindu meal will be provided after the two fire ceremonies. She'll also teach us how to create our own meditation mala.

This experience will surely enrich your yoga practice and your understanding of the roots of yoga. We feel honored to have Divya share her knowledge and practices with all of us. This is a first-time offering at Rise, and it's something that you won't want to miss!

Please sign up for this special offering at riseyoga.com

Cleaning House (so to speak)

A couple of weeks ago Jana Din, a Shamanic Healing Practitioner, led Naomi and I in a beautiful ceremony to help align my intentions and to energetically cleanse the studio so the next chapter of its story can unfold more effortlessly.

The photo on the right is an image of the altar that Jana created in the yoga room based on my intentions. She ceremoniously placed each object carefully and mindfully on a large silk scarf that covered a good portion of the practice space. The final effect was luminous, peaceful, and elegant. Of course the photo does not do it justice.



As Jana glided around the room in a beautiful silk robe, I couldn't help but marvel at her attention to detail, her slow pace, and her conscious movements. I can still feel the hint--the whisper--of her calm but powerful intentions from that day.

I am indebted to both Jana and Naomi for such a heart-centered ceremony that helped me better understand my stewardship at the studio. If you'd like to experience your own shamanic ceremony with Jana to see how your inner beauty, divinity and soul manifest slowly in front of your eyes, you can contact Jana through the website www.healingjourneys.life

--Aimee

In Loving Memory

One of our valued members, Bob Dare, took his last breath on April 17th. Bob was a dedicated yogi for many years who took classes with us at Rise multiple times a week.

Bob liked to challenge himself with the most difficult classes on the schedule, and he always had the biggest smile on his face even if the sequences and poses were challenging.

The studio closed during the pandemic, but Steve and I often saw him biking on the canal, and he would always stop to give us cheerful updates on life--particularly regarding his grandchildren.

We can't believe that he's gone. His joy, vigor, and zest for life will be sorely missed by his family and friends. His wife, Liz, recently returned to the studio. If you see her, please give her your support. Bob's memory looms large for many of us at the studio, and we'll miss him dearly.

Community Bulletin Board



Thank you!!!! Anne Marie would like to thank everyone who continues to contribute to the Mobile Mall. She has collected donations from our remarkably generous community for many months now. Clothing for adults and children, books, and toys are all needed for the communities that she serves. Whatever you donate to GoodWill or other organizations is probably a very good match for the

Mobile Mall. Please think of leaving your new or gently used items for her at Rise. Thank you!

Fundraiser: This is a message from valued member Tom Busch: The SSIP Food Closet's annual fundraiser, Full Plates, Full Hearts will be an ice cream social on Thursday, July 13, from 4-6 p.m. at the Bethany Presbyterian Church Social Hall, 5625 24th Street, Sacramento. There is also an online auction, which is live July 1st through July 8.

All the information you need about the fundraiser, including the purchase of tickets, can be found at the website, www.ssipfoodcloset.org. The direct link to the auction is <https://www.32auctions.com/FPFH2023>.

Need a lift? Are you looking for a ride for yourself or for a family member? Anna Mestidio's husband, Jersey Mestidio, is an Uber driver, and would love to help you out. Please talk to Anna or any of us at the front desk for his phone number.

Self Care + Hair: Have you noticed Kim's hair lately? Doesn't it look especially good? That's because she has weekly appointments with our own dear student and friend Josie. Josie works at a salon in our area and we hear that her prices are unbeatable! Please pick up her card in our lobby, and ask Kim for more information. This is a particularly good option for people who are too busy to wash, dry, and curl, or for people with limited mobility or health conditions. We all agree that Josie is an absolutely lovely person to be around, so we know that you'll enjoy her services and her company!

Open House Raffle Winners: Curious about who won the prizes? Drumroll, please!

5-class card: **Rebecca**

5-class card: **Gail**

Massage with Kimberly: **Olga**

Massage with Aria: **Cindy H.**

Physical Therapy session with Susan: **Judy L.**

Reiki session with Lucy: **Rachell R.**

Reiki session with Aimee: **Pam S.**

Contact the studio to set up your free session! Congratulations!

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

Rise Book Club

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

July 10th

The Personal Librarian

by Marie Benedict

August 7th

Less is Lost

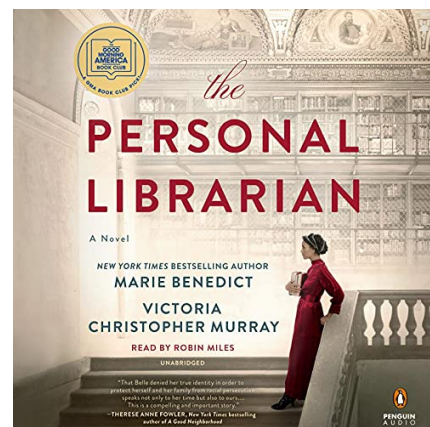
by Andrew Sean Greer

September 10th*

A Fever in the Heartland

by Timothy Egan

October 2nd



The Boy, the Mole, The Fox and the Horse
by Charlie Macey

November 6th
Kindred
by Octavia Butler

**A week later due to Memorial Day*

With Gratitude,
Aimee & The Rise Yoga Staff

Yoga | Qigong | Massage | Energy | Yoga Therapy

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