



RISE WELLNESS

YOGA • MASSAGE • COMMUNITY



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

## Rise Yoga Studio

Schedule Online

Massage

Reiki

Yoga



### Mantras and Meaning

#### **Lokah, Samastah, Sukhino, Bhavantu.**

This is a Sanskrit mantra that we often chanted during Hatha classes with Ann during the early years at Rise. It was one of her favorite mantras, and I didn't give it much thought until recently--specifically at about 6:30 a.m. on a Wednesday morning before work.

My biggest moments of wisdom and understanding often come up that way. I open my eyes to the morning, and there it is. If it comes without effort, then I classify it as wisdom and truth, and it becomes an important messenger that I carry around with me all day long--much like people carry crystals in their pockets or a locket around their neck. I carry it around as a comfort, and as a reminder of who I am, or of who I'd like to be.

***May all beings everywhere be happy and free...***

As I struggle to find spaces of freedom in my life, Lokah Samastah, Sukhino Bhavantu has taken a front seat. The journey of yoga can take many forms, but my yoga right now is about finding the route back to the purest form of Self--the one outside of the boundaries of our societal programming.

***May all beings everywhere be happy and free...***

Mantras carry the vibration and meaning of centuries of people trying to make their way back to the Self. These mantras are the swords, the love, the anguish of people, and the call to the soul. They awaken us simply by their vibration--even if we don't necessarily know the meaning of the words.

Some people begin to hear the stirrings of the soul very quickly, and they make huge life changes as result. Others can only hear tiny whispers, and they question what they're hearing, until one day things shift and they realize that their body was trying to communicate wisdom and truth the entire time. There are also all of the in-betweens.

A lot of this work begins on the mat...

With Gratitude for what all of you bring to our space,

Aimee

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## **Summer Yoga in the Park**

**Date:** This morning, August 19th

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

**With:** Maggie

**Where:** Garcia Bend

**Cost:** Free



Join Maggie for **Yoga in the Park** on 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!

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## ***What's New in the Yoga Room?***



### **New Ashtanga Yoga Class Saturday Afternoons**

**Dates:** Saturdays

**Start date:** September 2nd

**Time:** 1:00-2:00 p.m.

**With:** Johanna

**Where:** In studio and online

**Cost:** Part of the regular class schedule

Beginning next month, Johanna adds another Ashtanga class to our weekly schedule. She currently teaches Ashtanga Primary Series on Monday mornings from 9:00 - 10:30 a.m. She adds this weekly Ashtanga "workshop" to Saturday's roster.

During this class, Johanna will slow down and spotlight poses from the Ashtanga series so you can better hone your skills and practice. Her attention to detail in the poses will help you nourish and deepen practices within Ashtanga, but also within other yoga styles. It can be taken as an adjunct to her Monday morning class, or it can be taken alone. We don't have anything else like this on the schedule. If you are trying to add strength, balance, and solid intention to your practice, this is a perfect fit for you.

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## Restorative Yoga with Alondra

**Dates: Wednesday Evenings**

**Time: 6:00 - 7:15 p.m.**

**Where: In Studio**

**Cost: Part of the regular class schedule**

Please join Alondra on Wednesday evenings for Restorative yoga--formerly Restorative Yoga with Lucy. Alondra started teaching classes at the wee age of 16, so she has been a staple in Sacramento yoga and fitness for many years.

Maybe you've taken one of her popular classes at 24-hour fitness or at the Arden Hills Country Club? Maybe you have crossed paths with her in the neighborhood? She has lived in the Pocket for 25 years, and she has always had a soft spot in her heart for Rise. She's really looking forward to teaching with us.

Although Alondra begins her journey with us in the realm of Restorative, we hope to see her teaching other types of yoga as well. She has a long and successful resume that includes many different disciplines in yoga, fitness, and the healing arts. We are so happy that she will share her many gifts with us! Welcome, Alondra!

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## Introduction to Salsa Dancing with Neo

**Dates: Friday evenings**

**Start date: September 1st.**

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

**Where: In Studio**



**Cost: Part of our regular class schedule or \$20 drop-in**

Join Neo each week for an hour of fun, dance, and movement. Neo has his roots in the San Francisco dance and fitness world where he taught Zumba, dance, and core & strength classes for many years. He is a certified massage therapist, personal trainer and nutrition coach as well. We are thrilled to

have him here, and we can't wait to have him lay down roots at our studio. These offerings are just the beginning!

Come to this fun and lively salsa class on your own, or with a partner. Mainly come with a desire to move, to sweat, and to find new ways to move your body. Neo will adjust to group needs, teaching solos, partner salsa, and salsa rueda (salsa in a round) as seems fit. He will follow the energy and desire of the group. Just show up with clean dance or athletic shoes, comfortable and airy clothing, and an open mind. We can't wait to dance with you!



## **Get your Groove on with Zumba!**

**Dates: Tuesdays and Fridays**

**Start Date: September 5th**

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

**With: Neo**

**Where: In Studio**

**Cost: Part of our regular class schedule**

We're thrilled to have a seasoned Zumba instructor join us for some fun and fanciful dance classes. Neo is strong, motivated, and passionate about dance, fitness, movement, and health. He can't wait to share his passions with all of you!

*Please note that Zumba and Salsa are our only classes that require shoes. Neo will show you what he wears when you come to class, but until then, bring a clean pair of athletic or running shoes to change into for class. That will hopefully keep you comfortable, and it will help keep our floors clean for yoga. Thanks for helping us with this!*

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## Workshops and Special Events



### Hindu Gods & Goddesses

**Start Date: September 17th**

**Duration: 7 consecutive Sundays**

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

**With: Divya Sen**

**Where: In person**

**Cost: \$320 (Due on August 31st.)**

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.

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 Hindu meal will be provided after the two fire ceremonies. She'll also teach us how to create our own meditation mala.

Divya was born into a Hindu family where she practiced all of the customs and rituals that she will share with us during the course--rituals and traditions that reach back to the 1900s, from India, through Fiji, and eventually to California (her family's path). Divya has been connected to and curious about the spirit of her family's ancestry and traditions since she was a young girl, and she'd like to share with us what she has experienced and learned.

This course will surely enrich your yoga practice and your understanding of the roots of yoga. We feel honored to have Divya share her knowledge and personal 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 opportunity at [riseyoga.com](http://riseyoga.com)***

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## Cooking and Community

### August's Vegan Cooking Class with Maggie

**Date: Sunday, August 27th**

**Time: 6:00 p.m.**



**With: Maggie & Cindy**  
**Where: At Cindy's House**  
**Cost:\$75**

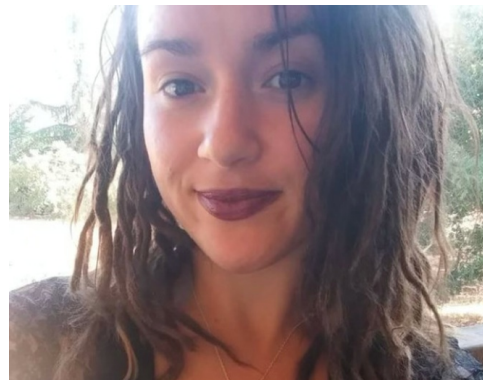
This month Maggie focusses on cauliflower recipes in the most beautiful of settings. Please call us at the studio, or drop by before or after class to sign up. For more detailed information about the evening, please see Maggie's flyer and sign-up sheet at the studio, or speak with Lucy, Aria, Maggie, Cindy, or Aimee. You won't want to miss it!

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## ***New in the Therapy Rooms***

### **Massage with Danielle**

We are absolutely thrilled to have Danielle Kenna at the studio with us. You'll quickly learn that Danielle moves through the world with joy, strong intentions, and an unmatched life force. She is a gifted massage therapist, Reiki practitioner, mom of three, singer, intuitive healer, and yoga instructor. She brings wisdom and a depth of experience into everything that she does. She is confident, yet continually eager to learn and grow.



Danielle has been building her healing toolbox since childhood. Inspired by her indigenous Tlingit roots, she has made it a mission to help people naturally restore body, mind, and spirit. Danielle educates and empowers her clients from a scientific and spiritual approach. She is a CMT, Neuromuscular Therapist, Cupping practitioner, Reiki Master Teacher and Certified Yoga Instructor with over 14 years of professional experience in creating safe spaces for transformation and healing.

Danielle joins the Rise family first and foremost as a massage therapist, but expect more offerings from her in other areas in 2024. Here is her current massage schedule:

Thursdays: 5-9pm  
Fridays: 12-8pm  
Saturdays: 10am-5pm

Please call the studio to schedule, or call or text Danielle directly at 916-277-5459. Be sure to visit her Instagram account at



## Special Pricing from Susan Mandella, our in-house Physical Therapist

During the month of August, take advantage of Susan's "Hot August Nights" special to help care for aching and tired feet. Your treatment will include a combination of soft tissue mobilization, myofascial release reflexology, cold stone massage, and essential oils. Book your one-hour session for \$75. Contact Susan at 916-600-3227 to schedule your appointment.

## Price Increase Just Around the Corner

Prices at our Studio will increase across the board beginning **September 1st**. If you are a current student, take advantage of current pricing by opting for auto-renewal by August 31st and by booking massages and Reiki appts. in advance. Prices have stayed the same for the past 10 years, and the increase will help us offer a larger variety of classes and services.



Starting September 1, 2023, we are increasing the price of class cards as follows:

### **New Students:**

- 2-week unlimited introductory special \$30
- Single Class Drop-In \$20
- 10-Class Card \$165 (first 10-class card is 20% off)
- Monthly Unlimited \$170
- Annual \$1450
- Online Single Class \$15
- Online 10-Class Card \$120
- 10-Class Card w/Auto Renew \$155
- Monthly Unlimited Classes w/Auto Renew \$145

### **Current Students with special pricing:**

10-Class Cards w/Auto Renew: \$145

Monthly Unlimited w/Auto Renew: \$135.

If you are a current student and not on auto renewal, you will be on the

same payment schedule as new students. If you would like to convert to the auto-renew special pricing for current students, please see Lucy or Aria by August 31st.

**Massage pricing:**

60 minutes: \$95

90 minutes: \$120

**Massage Memberships:**

One 60-minute massage per month: \$85

One 90-minute massage per month: \$110

Two 60-minute massages per month: \$160

Two 90-minute massages per month: \$210

**Reiki pricing:**

60 minutes: \$80

90 minutes: \$105

**Reiki Memberships:**

One 60-minute therapy per month: \$75

One 90-minute therapy per month: \$100

**Private Yoga Lessons and Yoga Therapy:**

One-hour session once a week: \$85

One-hour session twice a week: \$70

**Sound Therapy:**

60 minutes (1-2 people): \$95

90 minutes (1-2 people): \$120

*I apologize for the late notice. We've added many new offerings to our schedule, and as a result, I published this newsletter much later than expected.*

Thank you for helping us make our studio better and stronger!

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## **Labor Day Schedule**

*We'll offer one morning class at 9 a.m. for Labor Day, September 4th. All other classes that day are cancelled.*

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

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## **Rise Book Club**



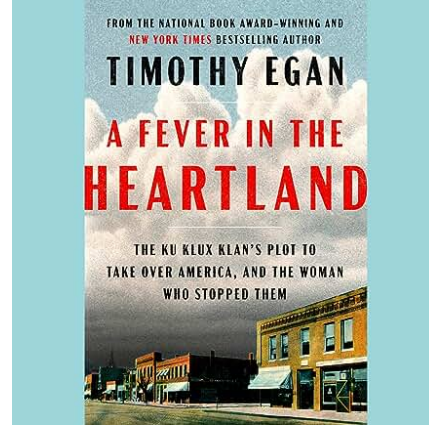
**7:30 pm - 9:00 pm -- Meets at Rise Yoga**

September 10th\*  
*A Fever in the Heartland*  
by Timothy Egan

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

November 6th  
Kindred  
by Octavia Butler

*\*A week later due to Labor Day*



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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

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**Yoga | Qigong | Massage | Energy | Yoga Therapy**

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