

WELCOME TO

The Drop

let's boogie!



It's Gonna be May

cue NSYNC memes. Welcome to the first edition of my newsletter! With the weather (sort of) heating up, I'm longing for good music, sweaty dance parties, outdoor yoga, and all of the things that I know so many of my friends enjoy.

The goal of this newsletter is to slowly form a community in the Bay area (and beyond) that can get together to appreciate two things very near and dear to my heart: music and mindfulness. Will I be able to connect individuals from my different communities? Will we have get-togethers and remote community offerings? A girl can dream! Stick around for monthly events, playlists, meditations, and more!

Thanks for showing your interest it means the absolute world and hopefully, we can keep this train moving, grooving, and growing!

Yoga & Disco Enthusiast

NICE TO MEET YOU!

- Born and raised in the Bay (yay areaaaa)
- Capricorn Sun, Leo Moon, Leo Rising (iykyk)
- Festival Fairy (give me all of the dubstep)
- Find me on the weekend crocheting, at a sound healing, or opting for child's pose



What's Happening this Month

MUSIC

- May 12 - [Oliver Heldens](#) @ The Midway
- May 12 - [Cassian](#) @ 1015 Folsom
- May 13 - [Whethan](#) @ San Francisco Belle
- May 13 - [Felly](#) @ The Catalyst
- May 19 - [Snakehips](#) @ 1015 Folsom
- May 20 - [Two Friends](#) @ The Midway
- May 25 - [Phantogram](#) @ The UC Theatre Taube Family Music Hall
- May 26 - [Flux Pavilion](#) @ YOLO Nightclub
- May 26 - [Shania Twain](#) @ Shoreline (yes, I will be attending)
- May 25-28 - [Cali Roots](#) in Monterey
- May 25 - 28 - [BottleRock](#) in Napa
- May 25-28 - [Lightning in a Bottle](#) in the middle of nowhere CA (best festival ever if you can attend GO - if you're scared reach out)

MINDFULNESS

- May 9 - [Authentic Speed Friendships](#) w/ Infinity Nguyen @ The Center SF
- May 14 - [Cosmic Plant Collective](#) @ The Center SF
- May 18 - [Candlelit Soundbath & Tea Ceremony with Maryzelle Ungo](#) @ The Center SF
- May 18 - Monthly Women's Healing Circle @ [Breath + Oneness](#) Santa Cruz
- May 18 Microdose Breathwork Session @ [Breath + Oneness](#) Santa Cruz
- May 20 - [Women's Medicine Fest SF](#) @ Golden Gate Park
- [Weekly Outdoor Yoga](#) - Outdoor Yoga @ Various SF Locations

For more events put on by the above venues, please see their websites below:

- [The Midway](#)
- [San Francisco Belle](#)
- [The Catalyst](#)
- [1015 Folsom](#)
- [The UC Theatre Taube Family Music Hall](#)
- [YOLO Nightclub](#)
- [Shoreline Ampitheatre](#)

For more events put on by the above vendors, please see their websites below:

- [The Center SF](#)
- [Breath + Oneness Yoga Santa Cruz](#)
- [Outdoor Yoga](#)

INTERESTED IN ATTENDING?

This month, **I will be attending the Shania Twain Concert at Shoreline (naturally) and the Women's Medicine Fest at Golden Gate Park!** If you're interested in attending any of the above events, need more info, or want to be connected with others who are attending the events (my friends be getting after it) fill out the form below!

[LET'S CONNECT!](#)

Monthly Magic



Time to Dance

Still riding a high from Weekend 2 at Coachella, so forgive the amount of Fred Again... that is on this playlist. I'd like to call this playlist "Dancing in the Rain", a tribute to the rain that doesn't seem to quit in the Bay.

Highlights:

- Sun Models - ODESZA VIP Remix
- Sabrina (i am a party) - Fred Again
- Other Side - ILLENIUM, Said The Sky, Vera Blue

[MAY PLAYLIST](#)



Take a Breath

With Mercury being in retrograde until May 14th, it's important to remember the importance of communication with others.

Tips to Navigate the Retrograde:

- Listen and think before jumping ahead and speaking
- Read the fine details of any agreement, text, email, etc.

[MAY MEDITATION](#)

Want to Share an Offering?

I WANT TO HEAR FROM YOU!

If you have an offering (yoga teaching, meditation, an idea for a gathering, etc.) I would love to hear from you!

Near or far, let's make it happen!

[SPREAD JOY](#)

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Please spread the word :) If you know anyone who would want to receive this newsletter, send them this [subscription link!](#)