

2018 Yoga Camp Deans

Lisa Harris and Kathy Bolte



Camp deans Lisa Harris (left) and Kathy Bolte (right)

Kathy Bolte is a Yogāsana teacher, Mantra Meditation teacher, Kīrtan musician, and facilitator of Women’s Wisdom Circles. She has studied with Anandra George and Sudhanshu Sharma in Rishikesh, India, to become certified in teaching NādaYoga: The Yoga of Sound.

After teaching Yogāsana (the physical practice of yoga) for many years, her focus has turned to Nāda – a subtler form of yoga – the yoga of sound. This practice includes Mantra Meditation, Vedic Chanting, Meditative Toning, practice of the ancient language of Sanskrit, and Kīrtan, a traditional form of call and response chanting set to music.

Kathy teaches NādaYoga and leads kīrtan at yoga studios and yoga festivals throughout the US and India. In 2016, she released her premiere solo album, “Wakefulness” with her band, “Bombay Rain”, in early 2017, she released an album of Vedic Peace Mantras, and in late 2017, she released her third album “Ākāśavāni” in collaboration with Christie Smirl & Eddie Young.

[Click here to learn more about Kathy on her website.](#)