

# Classes, Workshops & Activities

Please print this and bring it with you for reference  
throughout the weekend

**Note:**

Listed in order of occurrence (see schedule for exact times)

## “Yoga Moves™ for Healing & Restoration with Live Music

Come and enjoy our opening yoga session offered by Lisa Harris and members of Ākāśavāni. This movement session will be just what you need to ease into the weekend. We will move mindfully into, through, and beyond yoga poses to open and revitalize all the major joints of the body. Lisa’s yoga instruction will be accompanied by the beautiful sounds of musicians from Ākāśavāni. You won’t want to miss this thoroughly relaxing and rejuvenating session.

## Dance Party

Join Jen in this ultimate, empowering, crazy fun dance party! Jen will lead easy to follow along dance routines to your favorite pop hits, classic dance moves and fun dance games! She also incorporates dance poses with affirmations to help you connect with your inner powerful self! This is designed for the beginner or non-dancer looking to express themselves freely and having a blast in the process!

## The Ten Bodies: Kundalini Yoga to Balance Mind, Body & Spirit

Kundalini Yoga is more than just a physical practice. It is a complete system that recognizes human beings as interconnected ecosystems of mind, body, spirit, and subtle energy. One of the foundational frameworks in the lineage of Kundalini Yoga as taught by Yogi Bhajan, the “Ten Bodies”

system incorporates the Soul, the three “Functional Minds,” the physical body, and several “Subtle Bodies” such as the Aura, Arc Line, Pranic and Subtle Bodies, and the Radiant Body. In this class we will introduce the Ten Body Framework with a yoga set (kriya) to balance all ten, with a very powerful chanting meditation that will heal and elevate your whole Self, and allow you to meet your destiny as a Divine Being.

## Yogatation

Yogatation is a holistic combination of breath, intention, and asana movement. In this unique yoga practice you will begin to identify the areas in your body/life/thinking where unwanted stress has been pooling and polluting your life.

The Yogatation process is threefold;

- I. Identification and Release of old unwanted energy
- II. Development of a personal, meaningful declaration for daily success
- III. Commitment to your declaration

Rev. David brings the transcendent down to earth in this unique class that is as spiritually expanding as it is accessible. Over the course of this incredible class, one can experience a deep shift in one’s state of being. The nuanced blend of stretching, deep breathing, positive affirmation, and soul searching is just what one needs to calm the mind, focus the energy, relax the nerves and, ultimately, become empowered with positivity and efficiency. If you’ve never taken a yoga class, don’t let that scare you away. Rev David offers modifications for all skill levels as he guides you through this rewarding journey.

## Dynamic Pranakriya Yoga

Pranakriya Yoga comes from a deep tradition steeped in using our practice for healing and transformation. In this class, Nathan will be teaching energizing breath work, warm-ups and a posture sequence at a consistent pace. If we can act as a witness in a state of high energy we can begin to shift and grow. Join Nathan for a yoga class that will challenge you where you are, surprise you and shine a light on what is real and true. This class

is appropriate for all levels but we encourage students to take care of themselves and take breaks when needed.

## Healing with Crystal Bowls

Join Dr. Christie Smirl for a deeply relaxing sound meditation and energy alchemy. The human body has the ability to achieve physical, emotional and blissful homeostasis during meditation and sound harmonization. Come relax and enjoy this guided meditation and blended frequencies of crystal singing bowls, Tibetan bowls, gongs and sacred healing mantras.

## Gentle Pranakriya Yoga

The Pranakriya lineage is steeped in a rich tradition of using our practice as a tool for healing and transforming our lives. In this class, Angela will teach breathing, meditation and postures in a gentle flow sequence. Each warm up will build on the next to create a logical flow that will allow your body space and time to open up to what is coming next. We will practice kriyas (movements with breath) and asanas (postures) that will gently stretch and strengthen your body, reduce stress and prepare you for a restorative relaxation. You will leave feeling relaxed and rejuvenated in your body, mind and spirit!

## Mantra Yoga for a Joyful Spirit

Join Kathy as she combines movement with mantra in 75 minutes of joy inspiring yoga. You will learn a Sanskrit mantra that lifts the spirit and opens the heart. We'll move through a gentle flowing yoga sequence that Kathy likes to call our "body prayers", to install our intentions of joy into our physical and emotional body. We'll work on our strength, balance, and freedom of movement, pausing throughout our practice to chant our mantra. The end result will uplift you and give you a new sense of joyful freedom. This session will be accompanied by the beautiful live music of Eddie & Nick Young.

## Writing to Heal

Initially, the title of this session suggests that you must have something to heal in order to benefit from this workshop. However, the practice of “healing” doesn’t have to mean that there is some deep-seeded trauma that needs to be brought out. This workshop does not ask that you confront anything, unless you choose to take your writing in that direction.

This workshop is more interested in nurturing our relationships to language and self-expression. As a writing teacher, Liz has seen the most tears from students when they try to talk about their writing in general, even when their essays are on the most boring subjects! In our western world, we tend to separate out bodies from our minds, and language and writing manifest this disconnect the most.

This workshop merely asks that you try to create a new relationship to your written self-expression by connecting to the body as a part of writing. We will write, but also practice various asana (poses) and pranayama (breathing) as a way to explore our words in differently. Please bring a journal and your favorite writing instrument.

## Archery

Requiring deep concentration, archery is an ancient skill of hand, eye and whole body coordination. Try it for the first time or hone your skills under our instructor’s guidance.

## Healing Body, Mind & Spirit Through Painting

### Mandalas

Join Jacquie Freeman as she leads you through the process of creating a beautiful acrylic 8” x 10” painted mandala! Your mandala will emerge effortlessly with enjoyment and creativity as you explore the sacred geometry of mandalas and choose which patterns, shapes within the pattern and colors to use in your own personal mandala. From rich, vibrant colors to soft, subtle hues you will decide how to design and paint your own meditative piece that has its own vibratory energy! Your mandala will be alive with the intention you made at the start. No previous

art experience is necessary as Jacquie will lead you on this creative, peaceful and healing experience. You will be amazed at what you create!

## Camp grounds & Mountain “Saunter”

Take a 1 mile or so slow saunter with Ross around the grounds and areas immediately surrounding camp. Learn some of the history of Camp de Benneville and the local area.

## Flow Yoga

Sometimes there is just too much going on in our heads and hearts to find our center. The idea of “being still” may even intensify our inner chaos. Let’s face it, the world is constantly moving and we often feel tossed around by it. Flow yoga is a practice that aims to move with the energies around us, not to stop ourselves or the environment. How can we be receptive to the flows around us? This beginner-friendly, but active, practice will help us tune into the pace of the world by enjoying movement. In particular, we will work with the idea of “spanda” or the divine vibration of the universe. Connecting to this spiritual pulse between creation and destruction allows us to feel rejuvenated, even centered, rather than burnt out and worn down. Must have a sense of humor to attend!

## Yoga Moves™ with Live Music

Yoga Moves™ is a unique movement modality combining yoga poses with developmental movement. This method marries yoga with the modern day movement science that has proven our brains to be capable of resetting and restoring the easy and pain-free movement patterns we were born with. Using yoga poses and movement explorations designed to progress you through the various stages of motor development, Yoga Moves™ helps you regain flexibility, build or regain strength, repair and prevent injury, and revitalize the desire for more movement in all aspects of your life. This session will be accompanied by live music from members of Ākāśavāni.

## Yoga Philosophy

We often think of yoga as what we see, hear and witness in our modern-day lives. Often times Buddhism, Hinduism and New Age concepts seemed to be mixed together and lines between what yoga is and is not are blurred. The Pranakriya lineage has deep roots in the Kripalu yoga tradition which was brought to the US from Swami Kripalu (1913-1981). In this session we will explore the philosophical underpinnings of classical yoga.

## Iyengar Yoga

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

– B.K.S. Iyengar

Amy Brown, Certified Iyengar Yoga teacher (CIYT), will guide each yoga student through a more thorough understanding of the five Koshas (sheaths as they are called in the Yoga sutras). Annamaya Kosha (physical), Pranamaya Kosha (organic) Manomaya Kosha (mental/emotional) Vijananmaya Kosha (intellectual) and Anandamaya Kosha (pure bliss) that exist within each one of us. These sheaths, similar to an onion - can be peeled back and penetrated bringing us closer to that state of perfect union, harmony and health. With it's attention to sequencing, alignment and precision, Iyengar Yoga guides the student on their yogic journey to find that state of deep connection. This connection, enables the student to penetrate the five Koshas - bringing them closer to the divine soul that dwells in the deepest most kosha, Anandamaya Kosha.

## Move into Wellness

Move into Wellness is an motivational workshop that inspires you to feel better about yourself! It is a fun and interactive experience that includes easy group dance activities and other wellness practices such as: journaling, affirmations, visualization, meditation and emotional freedom technique. This workshop will help to release stress with movement and self care tools to enhance your mental, physical and emotional wellbeing.

## Healing Body, Mind & Spirit Through Painting Mandalas

Join Jacquie Freeman as she leads you through the process of creating a beautiful acrylic 8" x 10" painted mandala! Your mandala will emerge effortlessly with enjoyment and creativity as you explore the sacred geometry of mandalas and choose which patterns, shapes within the pattern and colors to use in your own personal mandala. From rich, vibrant colors to soft, subtle hues you will decide how to design and paint your own meditative piece that has its own vibratory energy! Your mandala will be alive with the intention you made at the start. No previous art experience is necessary as Jacquie will lead you on this creative, peaceful and healing experience. You will be amazed at what you create!

## “Sing Your Heart Open” - Ākāśavāni

Whether you like to sing out or have “a shy voice” that likes to stay quiet, kirtan is sure to make you want to sing your heart out. Join this group of talented and devoted musicians as they take you on a journey back to your own heart.

## Game Night in the Lodge

Join returning campers Maggie and Josie in the Lodge as they organize groups and games for a game night you won't soon forget.

## Walk to Jenks Lake

Meet your fellow early risers, find the one who knows the way to the lake, and take off! Get the heart pumping and the blood flowing, or take a more leisurely approach to it. Enjoy conversation and connection with others during this peaceful time together.

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Subtle Bodies, and the Radiant Body. In this class we will introduce the Ten Body Framework with a yoga set (kriya) to balance all ten, with a very powerful chanting meditation that will heal and elevate your whole Self, and allow you to meet your destiny as a Divine Being.

## Removing Seen and Unseen Obstacles for a Fuller Expression of Body, Mind & Spirit

Feel like you're spinning your wheels? Taking one step forward and two steps back? Do you ever feel like there are obstacles blocking your happiness and preventing you from reaching your full potential? Join Kathy as we explore six areas of our lives where unseen obstacles keep us from expressing our true nature and reaching our full potential. We'll learn a powerful mantra for removing those obstacles and moving us beyond the illusion of duality, and we'll learn a mudra that supports the removal of obstacles and promotes the healthy physiology of the brain. Please bring some paper or a journal and a pen or pencil.

## Archery

Requiring deep concentration, archery is an ancient skill of hand, eye and whole body coordination. Try it for the first time or hone your skills under our instructor's guidance.

Also available by appointment throughout the weekend . . .

## Acupuncture or Massage with Jody

Acupuncture has helped millions of people feel better: reducing stress, anxiety, depression; relieving chronic or acute pain, healing organ dysfunction. Curious? Try a simple well-being rebalancing treatment to start. It's gentle and painless!

25 minutes of massage or an organic facial with hand/foot massage \$50

50 minutes of relaxing acupuncture or massage \$85

## Massage with Cairyl

Rejuvenating or relaxing massage: Shiatsu, deep tissue, Neuromuscular Therapy, Trigger Point, Lymphatic - lots of ways to make your body say "ahhhh!" Back by request 'cause campers love it so much!

25 minutes: \$45

50 minutes: \$85

80 minutes: \$120

Cash payments get a \$5 discount

# Meet the Workshop Leaders & Instructors

Lisa Harris has been a Dean at “Yoga Camp” at Camp de Benneville for 10 years. She lives just down the hill in Redlands, CA where she has practiced yoga since 1998 and is an experienced yoga instructor. An avid learner, she has received training and certifications in many styles of yoga, embodied anatomy, breathing, and movement practices. Lisa is the creator of Yoga Moves™, a unique movement modality based on her years of yoga and developmental movement studies. Her instruction marries traditional yoga with the modern day movement science that has proven our brains to be capable of restoring the body and its movement patterns (neuroplasticity). Using movement explorations designed to progress you through the various stages of motor development and motor patterning, Yoga Moves™ helps you regain flexibility, build or regain strength, repair and prevent injury, and revitalize the desire for more movement in all aspects of your life. As you move in and out of poses and playful movements in Lisa’s classes, you will re-learn how your body was designed to move and rediscover the movement and freedom you had as a child. ([lisaharrysyoga.com](http://lisaharrysyoga.com))

**Kathy Bolte** is in her third year as co-Dean of Yoga Camp. Kathy is a Yogāsana (physical yoga) & Nāda Yoga (yoga of sound) Teacher, Kīrtan Musician, Storyteller, Facilitator of Wisdom Circles, Published Author, International Lecturer. She teaches Yoga, Sanskrit, Vedic Mantra, Mantra Japa, Mantra Meditation, and other sound based practices.

Kathy teaches, leads retreats & wisdom circles, and makes music in yoga studios, yoga festivals and ashrams in the U.S. and in India. In 2016 she released her first kīrtan album, “Wakefulness”, in 2017 she released a mantra meditation album: “Śāntipāth The Road to Peace”, and in January 2018, in collaboration with her musical partner, Dr. Christie Smirl, she released her most recent kīrtan album, “Ākāśavāni - Sounds from the Heavens”. ([kathybolteyoga.com](http://kathybolteyoga.com))

**Ākāśavāni** Kathy Bolte is Ākāśavāni’s lead vocalist. She plays Guitar and Harmonium , composes and arranges the band’s chants, combining ancient Sanskrit mantras and English lyrics. Christie and Karen offer their voices in rich response vocals. Christie also plays harmonium. Eddie adds his masterful touch with Cello, Bass, Flute and Udu. Nick creates the band’s Indian/Eastern sounds with Sitar and Bansuri Flute, Eric creates intuitive percussion on the Darbouka and Blake offers percussion on the cajon.

The band’s goal in offering their music is to create Sacred Space for the listener to connect to something bigger than themselves and to take a journey back to their own most sacred space - their own heart.

**Amy Brown, CIYT**, is a Certified Junior Intermediate I Iyengar yoga teacher. She has been practicing and teaching Iyengar yoga for over 14 years. Amy received her education in Iyengar Yoga at the UCR Iyengar Yoga program and was fortunate to be able to travel to India in 2014 to study with Geeta Iyengar - BKS Iyengar daughter. Amy’s approach to teaching yoga is through careful attention to sequencing, alignment, precision and observation - to ensure that each student receives instruction, feedback and when necessary, modifications based on his or her ability. Amy believes that Yoga is a serious discipline - but she also realizes that each student’s journey is different. Amy’s ability to weave in humor and compassion- while staying true to the yogic path, provides a safe space for students to practice - have some fun and ultimately find their way to enlightenment. ([divineyogastudio.com](http://divineyogastudio.com))

Angela Andiorio is a certified Pranakriya Yoga and Prenatal Yoga teacher. Yoga has been her cornerstone throughout many life transitions especially the transformative childbearing year. She has a degree in Therapeutic Recreation and loves the therapeutic aspects of yoga. Compassionate and nurturing, she enjoys weaving some restorative elements into each class. Her personal practice constantly informs her teaching. She has trained with and been inspired by Yoganand Michael Carroll, Barrett Lauck Reinhorn, Steven Valloney, Kathy Bolte and others. Angela lives and teaches in Riverside, CA and plans to continue her commitment to studying more yoga and deepening her practice to share with others.

Cairyl Gardner is a licensed Massage Therapist, trained in Shiatsu, Swedish, Deep Tissue, Lymphatic Drainage, and energetic massage. Her favorite technique is the blended European style emphasizing neuromuscular therapy. She also loves music and is a drummer. ([AsyrahsGarden.com](http://AsyrahsGarden.com))

David Phears has personally traveled the road from recovery to discovery successfully in the last 35 years using the same principles and techniques that he teaches. He has been teaching Kinetic Mindfulness for the last 5 years at the Huntington Beach Senior Center and is a past board member of the HB Council on Aging. David has also served on the board for the Orange County Dept. of Mental Health's Center for Excellence. While there, he helped bring about the first and second annual 'Spirituality in Wellness' for the Mental Health community where he created and facilitated breakout workshops on the practical application of mindfulness for successful living. He has recently worked with two major Recovery Businesses teaching mindfulness and breathing techniques to combat relapse and depression. David is a self-published author of two books: 'A Book of Weeks', and 'Slight Adjustments' as well as the voice on the well-received CD series titled 'Mindfulness Matters Now', which can be found on the App 'Insight Timer'. (<https://www.facebook.com/MindfulnessMattersNow/>)

Dr. Christie Smirl is a Nurse Practitioner, Doctor of Ayurvedic Medicine, Yoga Teacher Trainer ERYT-500, Reiki Master/Teacher, Musician, Published Author and Tantric Healer. With over 25 years of western medical experience at St. Bernardine Hospital, Dr. Christie blends eastern arts and sciences to facilitate healing on every level. Dr. Christie believes that every person is capable of healing themselves multi-dimensionally. Her motto is "Heal yourself. Help heal another. Begin healing the world." ( [HealthierVibrations.com](http://HealthierVibrations.com))

Eddie & Nick Young are a father and son duo who have been exploring consciousness and spirituality through music on the sitar and cello for nearly three decades. Their music fuses eastern traditional music with contemporary sensibilities to create a unique blend of that is beautiful, mysterious, transporting and enchanting. Nick and Eddie perform at yoga retreats, festivals, on movie soundtracks and spiritual albums and travel internationally with their music.

Eric Christopherson has been studying percussion for 20 years. He holds post-graduate degrees in Musical Performance from the San Francisco Conservatory of music and has played professionally all over the world. Although he was trained as an orchestral musician and concert Marimbist, Eric has branched out into playing non-traditional healing instruments such as the Darbuka and Pantam. Eric's current focus is to explore the psychological, physiological and spiritual benefits of the harmonic interplay between natural silence and natural sound. Eric is also a wood-worker, business owner, philosopher, animal lover and championship public speaker.

Jacque Freeman is a Reiki Master and Sound Healer and teaches Reiki 1, 2 and Master Level for Inland Empire Reiki - Universal Life Force Energy in Riverside, CA. She is a certified Hatha Yoga Teacher and leads women's Reiki & Yoga Retreats in Idyllwild, Laguna Beach and Lake Arrowhead empowering and inspiring women to find their own authentic

voice and purpose utilizing Reiki, Yoga, Journaling and Art. Jacquie holds a M.A. in Counseling and had a fulfilling career as a school counselor for 25 years in the Moreno Valley Unified School District. She was selected as the State of CA School Counselor of the Year in 1997 and enjoyed hosting a local Television and Radio show highlighting area students and their achievements. As a counselor, she introduced Yoga in the school setting to hundreds of students over the years and started many award winning Friday Night Live (anti-drug) clubs throughout the school district. Jacquie is a wife, mother and grandmother, a pianist and the proud owner of two beautiful Siberian huskies that are among her best of friends! She has always strived to lead others with a compassionate, sensitive and authentic heart.

**Jen Stillion** has a love for dance that blossomed at age 22 when she was given the opportunity to choreograph and perform a solo in front of five thousand people. Not having proper studio training in her childhood, this experience made her realize she had a natural performing talent and a genuine love for dance. From then on, she continued her career in dance as a teacher, choreographer and solo performer for the next 17 years. During that time Jen has toured internationally, performing with dance and mime troupes and studied under prize students of the legendary Marcel Marceau; Todd and Marilyn Farley. She has also been a performer for spiritual centers, churches, life coaching events and workshops across Southern California. Other than her performing career, she has found joy in teaching! She has taught and choreographed dance for all ages in professional studios and as well as elementary schools and preschools in Orange and LA County.

In 2008, she partnered up with her husband, Nick Young and co-owns, The Young Music Company, a mobile preschool music program that travels into schools all over southern California. Along with running their company, they both have become renowned music and dance entertainers as Nick the Music Man and Jen the Fairy Dancer and or Hip Hop Jen, performing shows for thousands of children each year. Jen not only loves dance, but she's passionate about self care and with over a decade of studying personal development and wellness she is now a coach

that helps individuals and groups to unleash their inner dancer and be truly themselves. ([youngmusiccompany.com](http://youngmusiccompany.com))

**Jody James** is a licensed acupuncturist living in Sonoma County, CA. Her clinic specializes in pain, stress and women's health. She belly dances not only for fun, but as part of her body-mind-spirit wellness program. ([AsyrahGarden.com](http://AsyrahGarden.com))

**Karen May** (Kartar Kaur) believes in the power of Kundalini Yoga to transform lives! Karen has taught in several states and countries, providing public and private classes as well as workshops on various topics related to yoga, healing, and yogic philosophy. Known by her yogic name Kartar Kaur (translated as "Lioness of God's deeds"), her classes weave themes of energy anatomy, global events, finite & infinite integration, neuroscience & physics, emotional processing and the healing journey with the tradition of Kundalini Yoga & Meditation as Taught by Yogi Bhajan®. Her style provides a thematic context and explanation of the energetics of each exercise, as well as clear physical instructions. Also certified as an Ayurvedic counselor, Kartar often integrates lessons from this ancient Indian healing science into her classes. She creates a safe space to release the creative energy within you. Kartar has been teaching as a KRI certified instructor since 2004 and practicing since 1987, and finds new layers of meaning and awakening every time she practices.

**Liz Gumm** began her yogic path in 2002 as a college first-year. She discovered that yoga provided a nice balance to her academic pursuits that often left her anxious and lacking in confidence. Yoga encouraged her to take care of herself and find peace in an intellectually high-pressure environment. Initially, she fell in love with flow yoga as it helped her to get out of her head and in to her often-forgotten body. Since 2007, Liz has developed her practice to include various different styles of yoga, such as Anusara, Hatha, Iyengar, and Yin. In 2015, Liz completed her RYT 500hr certification with Ashley Fiala and the Sraddha School of Yoga. Liz brings strong alignment principles to all of her classes and teaches that all



movement must begin with a strong foundation. As a vinyasa teacher, she believes that breath and movement, anchored in alignment, can provide practitioners with a meditative force of their own creation. When not on the mat, Liz teaches English at UCR and finds her yoga practice in reading, writing, and mentoring college students.

Nathaniel Gabor took his first breath in 1981, and has been learning how to breathe ever since. He is a certified Pranakriya Yoga teacher and has trained extensively with Yoganand Michael Carroll, Steven Valloney, and many others. Nathaniel is an artist, scientist, and yogi currently residing in Riverside, CA with his wife, Angela and their two children, Surya and Satya.

Nick Young has been exploring consciousness and spirituality through music on the sitar for over three decades. When Nick was 16 years old he was given his beloved instrument as a gift. It has been a conduit for his creative energy, a companion on his journey into inner realms and a vessel to contain his thoughts, feelings and emotions. Nick fuses eastern traditional music with contemporary sensibilities to create a unique blend of music that is beautiful, mysterious, transporting and enchanting. ([youngmusiccompany.com](http://youngmusiccompany.com))