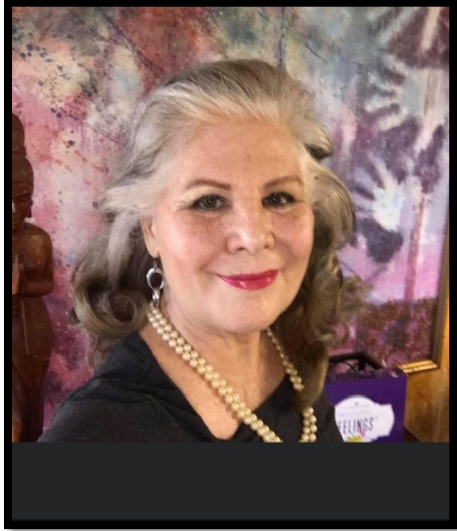


## Meet Your Teachers



**Jacquie Freeman, our Keynote Speaker**, is a Reiki Master and Teacher, Sacred Mandala Artist, Yoga Teacher, Sound Healer, and Author of the award-winning book, *Daily Rituals – 30 Days to Peace, Empowerment and Clarity*. She is also co-authoring a Chakra Activation Guidebook with Jack Canfield, the author of Chicken Soup for the Soul Series.

She holds a Master's Degree in Counseling, Bachelor of Science in Education and had a successful School Counseling Career for 25 years. She is currently working on her PhD in Metaphysical Science, and is one of Jack Canfield's Certified Success Trainers. For the past decade she has led women on transformative journeys on her Reiki and Yoga Retreats in places such as Sedona, Carlsbad and Lake Arrowhead.

Jacquie and her husband Vern live in Riverside, California with their rescue Siberian Huskies and 3 cats. They enjoy their butterfly garden and have personally released over 300 Monarchs in the past 3 seasons. Their home and life are infused with a deep peace, love, connection with God, and lots of laughter!

You can connect with Jacquie on her website at <https://www.dailyritualstoday.com/>, on Facebook at <https://www.facebook.com/jacquie.freeman.3>, or on Instagram at [https://www.instagram.com/reiki\\_zen/](https://www.instagram.com/reiki_zen/)



**Kathy Bolte, our Camp Dean**, is an international Yoga teacher, Mantra Meditation teacher, Kīrtan musician, and facilitator of wisdom circles. She is a featured writer on Elephant Journal and Dean of Camp de Benneville Pines Annual Yoga Camp in the mountains of Southern California. She leads annual spiritual and healing retreats to India. Kathy has released three sacred music albums and one album of mantra meditation. Her music is available on all streaming platforms. She is the mother of four and grandmother of six. She lives in Southern California with her husband, three precious dogs and one crazy cat. She is an avid mountain biker and newly enamored gardener. Kathy's passion is helping people open to their full, whole-hearted potential. Connect with Kathy on her website at <http://www.kathybolteyoga.com/> On Facebook at <https://www.facebook.com/kathy.bolte.3/> or her YouTube channel at <https://www.youtube.com/channel/UC8cHBY8Z3chmxDYTfHz7avA>



**Jen Stillion** is an inspiring speaker, abundance coach, and the creator of the Wellness and AbunDance Power Movements, a unique program that combines mindfulness, visualization, EFT Tapping and dance to ignite joy. Jen loves helping people transform and manifest joy in their lives with wellness and abundance. She is a sought-after keynote speaker, wellness training facilitator and successful coach. She's an energetic, fun guide who specializes in transforming the way her clients see themselves through empowerment, self-confidence, personal power, self-love, and abundance. Connect with Jen on her website at [www.Jenstillion.com](http://www.Jenstillion.com) or on Instagram at <https://www.instagram.com/jenstillion/>



**Lisa Harris** 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 *Original Strength™* movement system. 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 your life. Lisa's experience as a first grade teacher has made her skillful at breaking down and communicating the intricacies of your body in a very clear and transformative way. Lisa lives with her husband and adorable 'teacher's pet' - Buddy - in Redlands, CA, where she now tutors reading and teaches children about their amazing brain during her online classes. Her unique '*Brain Warriors*' offerings can be found on [Outschool.com](https://www.outschool.com).



**Kristina Cotran's** specialty is sharing wellness practices and social emotional learning (SEL) with educators and high school students. She has been a yoga practitioner and Special Educator teacher for a decade. She is a certified Wellness Educator, and has worked for *Breathe For Change*, an organization that trains educators to integrate yoga, mindfulness and SEL strategies in the classroom. She is experienced in teaching meditation to beginners, and teaching the yoga styles of Restorative and Yin. Lastly, she brings her musical talents, by sharing Kirtan, harmonium and guitar with her classes. Visit <http://www.cotran yoga.com> to learn more about how to take classes with Kristina. Also, if you have kids at home, subscribe to her instructional YouTube channel <http://www.youtube.com/user/kristinacotran>