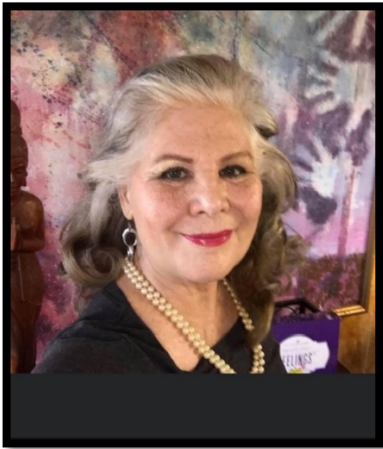


Meet Your Teachers



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. 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/



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 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.



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.cotranyoga.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>



Karen May believes in the power of Kundalini Yoga & Meditation to transform lives, to animate our soul's purpose with new vitality. She has taught in several states and countries, providing public and private classes as well as workshops on various topics related to yoga, healing, the integration of yoga and political justice, and yogic philosophy. As a Karma Yogi, her yoga and activism are two sides of the same coin, integrated to offer meaning, purpose, connection to spirit and community. Her classes weave themes of energy anatomy, global events, finite & infinite integration, neuroscience & physics, emotional processing and the healing journey within the tradition of Kundalini Yoga & Meditation. 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, she often integrates lessons from this ancient Indian healing science into her classes. She also enjoys singing with her kirtan band mates and loves to share her love of sacred mantra music. Connect with Karen on Facebook at <https://www.facebook.com/Karen.May.47>. Instagram at https://www.instagram.com/karen_kartar_araizayogaayurved/ or email her at Kmay.araiza@gmail.com



International Kirtan artists **Nick & Eddie Young** are a father son duo taking you on a journey into spiritual bliss. **Eddie** is a commercial artist, video editor, animator and kirtan musician. A master cellist and bassist, Eddie has played music and drawn funny pictures since he was a kid in the 50s. Now he's a kid in his 70s! Discovering the sacred music of kirtan was a life-changing event. Making friends and making music in this kirtan community has been a blessing beyond words. Eddie is the father of four lovely children that are all happily married and raising families of their own. Eddie and his wife, Susan live in Long Beach, CA and appreciate every single day together. **Nick**, along with his wife Jen, run the Young Music Company and PlayMotion Music, teaching preschool music classes, holding workshops, performing live kids music shows and creating wonderful, interactive music for kids. Nick blends East and West with traditional and modern sounds in his unique fusion sitar style and the unmistakable sound of the bamboo flute that will let your spirit soar into the clouds.



Eric Christopherson has been studying percussion for 24years. 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/Handpan. Eric is currently studying clinical psychology with a focus on mindfulness in primary care, theology/spirituality, and transgenerational trauma. Eric is also a wood-worker, business owner, philosopher, animal lover and championship public speaker.