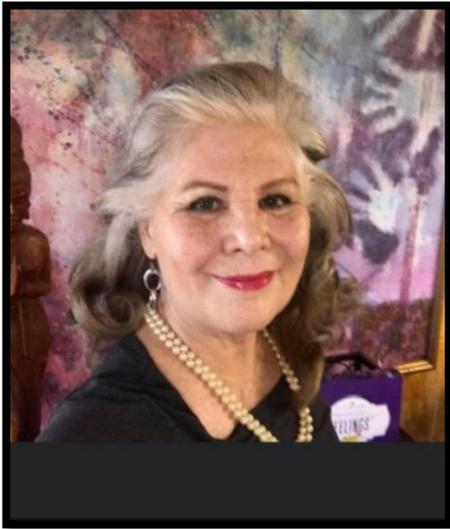


## Meet Your Teachers



**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/](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, Empowerment Energy 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/>



**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 over 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 S.E.L 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 (singing mantra with harmonium) with her classes. If you have students at home, subscribe to her instructional YouTube channel to learn about Biology and Math: <http://www.youtube.com/user/kristinacotran>



**Angela Andiorio and Nathan Gabor** are a husband and wife team and are both certified Pranakriya Yoga teachers. They've been yoga practitioners and life partners for over 20 years! They enjoy co-teaching yoga workshops and spending as much time as possible out of doors. It was the perfect move for their family to relocate to Angelus Oaks a little over a year ago. They are a very active family and they spend a lot of time together creating, hiking, camping, and exploring the natural world. They strive to live life fully alive in every moment and to teach their children to do the same. Visit them at [www.heartandgoal.com](http://www.heartandgoal.com) and <https://www.spaceandtimeyoga.com>



**Karen May** believes in the power of Kundalini Yoga & Meditation to transform lives and animate our soul's purpose with new vitality. She has taught in several states and countries, providing public and private classes and workshops on topics related to yoga, healing, the integration of yoga and political justice. 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. Also certified as an Ayurvedic counselor, she often integrates lessons from this ancient Indian healing science into her classes. Connect with Karen on Facebook at <https://www.facebook.com/Karen.May.47>. Instagram at [https://www.instagram.com/karen\\_kartar\\_araizayogaayurved/](https://www.instagram.com/karen_kartar_araizayogaayurved/) or email her at [Kmay.araiza@gmail.com](mailto: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. Visit Nick at <https://www.playmotionmusic.com> and Eddie at <https://www.eddieyoung.com>



**Eric Christopherson** graduated from The San Francisco Conservatory of music in 1999 and 2001 with a B.M. and M.M. in percussion performance. He has been recognized for his non-traditional pedagogical contributions to the art of percussion. In addition to playing the marimba, Eric has developed an unusually expansive range of skills and interests, including finance, business development, construction/maker skills, billiards, academic writing, improv theater, mindfulness training, theology, philosophy, statistics, and cake decoration. Eric is a third-year graduate student and doctoral candidate in clinical psychology at Loma Linda University and has the honor of providing clinical healthcare to diverse populations such as the local Native American tribal population and American Veterans through the U.S. Veterans Administration. Eric is an accomplished Hang Drum player and is exploring the therapeutic application of spiritual connections to one's instrument, musical meditation, and harmonic vibration.



**Melody Mills** is a retired elementary school teacher with a background in art and art education. She enjoys practicing daily yoga and walking in her neighborhood at the base of the Box Springs Mountains. She also finds joy in gardening, cooking, music and family gatherings which combine all three. Her children, grandchildren and pets are her teachers and her inspiration. Melody will be teaching creative painting techniques so that participants can create colorful textile flags.