

Camp Sessions - 2023

Slow Stretch Yoga to Ready Ourselves for Meaningful Change – Kathy Bolte Accompanied by the beautiful ambient sounds of Bombay Rain (Nick & Eddie Young)

As we prepare for a weekend of stepping out of our comfort zones to embrace change, we'll need to be courageous and curious. But before we muster up our courage, let's sink into a deep yin space. From this space of slow, deep movement and purposeful stillness, Kathy will invite our bodies, minds and spirits to become ready to expand into meaningful change.

Handpan Guided Meditation – Eric Christopherson

Join Eric as he guides you through a relaxing guided meditation, accompanied by the beautiful sounds of his handpan. The mesmerizing vibration of this unique instrument is the perfect accompaniment to guide you into a deep state of relaxation. You'll be fully ready for a blissful night of sleep, and a weekend of embracing change.

Meditation for Auspicious Beginnings & Removing Obstacles – Kathy Bolte

All you early risers, join Kathy to learn a simple mantra for the purpose of opening us up to auspicious beginnings. The energy of this mantra also removes obstacles that might be in your way as you become ready to embrace the changes in your life. Kathy will teach you the meaning of the mantra, how to pronounce it, then we'll chant it together.

Keynote Opening Session: Enhancing Relationship Skills to Embrace Life's Changes – Kristina Cotran

Are you interested in growing your social-emotional skills to connect more deeply in your relationships? During the pandemic, our relationships were impacted by isolation and disconnection. As we reunite in community, our focus on mindful communication and empathy can reconnect us. This session will ask for engaged participation as we reflect on the changes in our lives. We will work in partners to enhance our skills of active listening and take an "empathy" nature walk. Bring a journal, an open mind and an open heart, as Kristina leads your journey into strengthening your emotional intelligence (E.Q).

Cultivating Awareness to Embrace Change—Nathan Gabor

There are poses in yoga you love and embrace, and poses you despise and pull back from—but one constant in the practice of yoga is that you continually shift from one posture to the next, just as you do in life. Vinyasa, means "transitions" in Sanskrit. As a philosophy, Vinyasa refers to the awareness of the impermanence of things. You enter into an asana, experience what it has to offer and then it dissolves as you transition into yet another pose. Join Nathan and Angela as they co-lead an artfully created yoga class of breath, meditative postures and mindful transitions while cultivating awareness and guiding you to embrace change and integrate your experience.

Sweet & Simple Flow – Liz Popko

In this all-levels class, we will move with breath and enjoy our bodies. We will take plenty of time to enjoy poses and mindfully transition in and out of them. In this class we will forget about our “goals” and just have fun as we balance effort and play. Whether you’ve never done yoga before, or you’ve been practicing for years, this class will be exactly what you need it to be!

When Heroes Fall: Loss, Change, & Finding the Guru Within – Karen May

It’s undeniable – 2020 was a year of losses for many, and many of those losses continued into ’21 and ’22. Whether it is loss of a loved one, loss of a way of life, loss of naivety, or the loss of a beloved yoga practice after being rocked by scandal, loss can be very disorienting. Accepting change, finding the beauty in the lessons, and reconnecting with your inner teacher can help ground us as we move forward. In this session we’ll find our new “sea legs” with some grounding practices and meditations to help us let go, embrace change, and find the guru within ourselves in the midst of change and chaos.

Musical Meditation in the Pines – Nick Young & Eddie Young

Sometimes the very best thing we can do for ourselves is to lay back, close our eyes and sink into a deep state of relaxation. In this session, Nick & Eddie will lead you into this deep state with a guided meditation accompanied by the unique sounds of their beautiful music.

Cello & Voice, an evening concert – Kathy Bolte & Eddie Young (with Karen May, Kristina Cotran, Eric Christopherson & Nick Young)

In April of 2020, Kathy and Eddie produced their 4th album – “Cello & Voice – Mantras of Consciousness”. This was a special collaboration because all songs were composed featuring only Kathy’s vocals and Eddie’s cello. It was an homage to Divine Consciousness. Just as it was ready for release, covid hit the world and brought everything to a screeching halt. Because of covid, Kathy & Eddie never got to launch their beautiful album. Now, here at yoga camp, with their friends, they’ll finally get to release their music into the world.

Keynote Closing Session: Managing Time to Honor Your Shifted Priorities – Kristina Cotran

Does how you spend your time align with your current priorities in life? With so many changes in our lives, it’s critical to re-evaluate our top priorities so that we can become more intentional about how we direct our energy and how we manage our time. This session will take us through exercises that can improve our self-management skills and will provide actionable strategies to help you to organize your time so that you can achieve your goals and live in alignment with your highest values.

Art Session: Creating Prayer Flags of Change – Melody Mills

Let your freak flags fly in an art session with Melody Mills as she guides you through the creation of your own “Pray Flags of Change” to take home and hang in your garden, or in your home.