

Meet Your Teachers



Our Keynote Speaker, Kristina Cotran's specialty is sharing wellness practices and Social Emotional Learning (SEL) strategies 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 techniques in the classroom. She is experienced in teaching meditation to beginners, and in teaching Restorative and Yin yoga. 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 hear her educational music and watch instructional math videos: www.youtube.com/user/kristinacotran

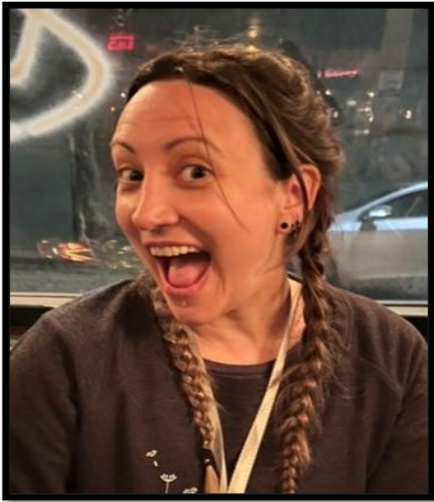


Kathy Bolte, our Camp Dean, is an international Yoga teacher, Mantra Meditation teacher, Kīrtan musician, and facilitator of wisdom circles. She is a featured writer on Elephant Journal and Dean of Camp de Benneville Pines Annual Yoga Camp in the mountains of Southern California. She loves leading annual 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. Kathy's passion is helping people open to

their full, whole-hearted potential. Connect with Kathy on her website at www.kathybolteyoga.com/. On Facebook at www.facebook.com/kathy.bolte.3/ or her YouTube channel at www.youtube.com/channel/UC8cHBY8Z3chmxDYTfHz7avA



Nathan Gabor is a certified Pranakriya Yoga teacher, and has trained extensively within the Kripalu tradition. He has been a yoga practitioner for over 20 years, and specializes in traditional breathing techniques and exercises. He lives in a small mountain community in the San Bernardino National Forest, and spends much of his time out of doors doing a range of activities from daily hikes to multi-day mountaineering traverses. In his spare time, he is an active scientist and researcher in the field of quantum physics, holding the title of University Professor at the University of California Riverside. He strives to live life artfully at every moment and enjoys spreading the wellspring of energy that comes with a dedicated yoga practice. You can reach Nathan and his wife, Angela at www.spaceandtimeyoga.com



Liz Popko has been practicing yoga since 2002 and became a teacher in 2013. After taking a class during her first year in college, Liz immediately connected with the purposeful breathing and mindful movement. Liz believes that any time on the mat is an opportunity to transform and guides her students to listen to the essential wisdom of their bodies and enjoy themselves as much as they can! When not teaching yoga, Liz teaches literature and writing to college students at UC San Diego.



Karen May started practicing Kundalini Yoga & Meditation in the mid-80's and has been teaching since 2004. She has a passion for the integration of internal and external liberation, blending themes of spirit and social justice, as well as energy anatomy, global events, finite & infinite identities, neuroscience & physics, with emotional processing and resilience. Also certified as an Ayurvedic counselor, she often integrates lessons from this ancient Indian healing science into her classes.

Since 2020, new themes of loss have emerged, which has transformed her relationship with Kundalini Yoga and opened space to include additional modalities into her teaching. In addition to

the losses that resulted from the COVID pandemic, scandal rocked the Kundalini world, destabilizing many practitioners' relationship to the tradition, and surfacing complex feelings of loss and betrayal, and for Karen, deepening a desire to dig into the ancient yogic texts. In addition, she lost her 30-year partner suddenly in May of 2022, further expanding her capacity to grieve with compassion for self and community, and igniting a passion to weave new science-based techniques with ancient traditions to nurture the soul on the path to healing. Connect with Karen on Facebook at www.facebook.com/Karen.May.47. Instagram at www.instagram.com/



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.



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 www.playmotionmusic.com and Eddie at 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 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. Eric is an accomplished Hang Drum player and is exploring the therapeutic application of spiritual connections to instrument, musical meditation, and harmonic vibration.