

Camp Sessions - 2024

Gentle Stretch: Preparing Your Container – Angela Andiorio

Simply put, our bodies are physical and energetic containers. When we arrive in the camp “space” it is crucial to intentionally notice how we feel and what energy, thoughts, sensations and feelings we are bringing into this space. When we are more mindful and aware of ourselves, we can better align with our highest intentions. Throughout this gentle practice, Angela will guide you to connect with your container and welcome in more openness and aliveness so you can receive all of the wellness, positivity and growth yoga and whole living camp has to offer. Suitable for all levels.

Line Dancing, Just for The Fun of It – Linda Gleason

Never danced before? Don't think you're a “good” dancer? Feeling a little shy to try line dancing? Well, throw that all out the window. Put on your cowboy boots (or just your tennis shoes) and let's do some line dancing. It's super easy, and really fun. Linda will walk you through all the steps that repeat through the dance. Let's let go of our inhibitions and just have fun.

Meditative Postures: Strengthening Your Container – Angela and Nathan

In the opening session we gently prepared our containers to be more open and ready to receive. Now we can take the next step in strengthening that container both physically and figuratively. How much can you hold? How much can you witness? How much can you stay open even when things feel challenging? Is it your mind telling you to stop because you think you can't do it or are you truly listening to what is real in your body? In this practice it is imperative to use discernment (Vivek) as you hold just a few poses for a longer amount of time. Most of this practice will be guided with your eyes closed. This deep practice is best for practitioners with a basic understanding of yoga postures who have been practicing for awhile although all levels are welcome.

Keynote Opening Session: Cultivating and Creating Sacred Space in a Chaotic World – Jacquie Freeman

Learning how to live in a world that presents challenges and often feels chaotic is merely survival but what if you learned how to bring in more peace, more connection with divine guidance, and more empowerment? Is that even possible? Yes, it is not only possible, it is a decision to move from less chaos and disconnection to feeling more Zen and connected to a bigger purpose. This is thriving! During our time together you'll find renewed zest and inspiration for your sacred practices and discover how to have more bliss in ordinary daily moments.

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.

Creating Sacred Space Through Playful Yoga – Linda Gleason

Sometimes creating sacred space can be a playful practice. Join Linda and find your inner child as you move through this playful practice. Let’s all be open to new ideas and experiences as we "play." Bring your mat, a block, and a blanket to aid you. Maybe you’ll learn something brand new or just a new way to approach a familiar asana.

Creating Space Through Connection: Yin & Mindful Flow – Kristina Cotran

In this Yin and Mindful Flow class, we will create sacred space by connecting with ourselves on our mat. First, we will experience longer held-poses that can create space in the connective tissues and use breath to release tension in the body and in the mind. Then, we will use the space we create to flow into gentle postures. You’ll be invited to sing (or listen) with harmonium to experience the energy resonating in your space and within our community.

Expanding Sacred Space – Coming Out of Darkness & Into the Light – Kathy Bolte

Kathy will tell you the story of Little Sarita, The Cave Dweller. She and her family have lived in the depths of the dark caves for years. This is the only life they have known. Learn how they finally step out of the darkness and into the light, led by a brave little girl named Little Sarita. After you hear this sweet story, we’ll talk about what kinds of things keep us in darkness and discover things we can do to step into the light and expand into Sacred Space.

Creating Mandalas for Insight, Healing and Self-Expression – Jacquie Freeman

We will hold sacred space for inner guidance as we create a mandala. Creating the circular drawings known as mandalas is an incredible meditative practice of inspiration and exploration. Through use of colors, art materials, shapes, motifs, geometric symbolism you will create a mandala that speaks to your soul. Join me for this mandala class where we begin with intention and a meditation; we discover what a personal mandala is and we create in a totally non-judgmental way with colors that are as fluid and vibrant as you

choose. This will be a free-form mandala experience that is a container for your expression in the present moment.

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.

Kirtan to Open Us to Sacred Space – Kathy Bolte, Eddie Young, Karen May, Kristina Cotran, Eric Christopherson & Nick Young

Kirtan is a call and response style of chanting/singing mantra. Kathy has spent much time in India studying Sanskrit and Vedic Mantra. She brings these mantras home with her and crafts music around the mantras, creating a combination of Eastern and Western musical expression. Join the band as they lead you through some tender moments, as well as some upbeat, exhilarating moments. Sing along, dance if you are moved, or just relax and listen to the sweet sounds of this sacred music band.

Your Inner Altar: Energetic Containers to Take Your Sacred Space With You – Karen May

This class will include visualization, Kundalini exercises, and meditation to facilitate your creation of “internal” sacred spaces, inner retreats and altars that are always available, no matter where you are. We will work on auric containers, somatic “spaces”, temples and altars that can help you process challenges, find grounding and safety, and provide a retreat to honor your journey with gentle compassion.

Closing Keynote Session – Integration – Nathan Gabor

You’ve spent all weekend creating sacred space in whatever way that is meaningful for you. You’ve prepared and strengthened the container of your physical and subtle (energetic) body. When we are in the sacred space of camp, and in nature, we feel expanded and alive. When we return home or even start driving down the hill it can feel jarring to our senses as we contract back to “normal life”. How can we balance out this effect? This closing session will be both a discussion and an experiential movement practice to help you feel a sense of wholeness and completeness. Nathan’s closing will artfully and skillfully help you weave the lessons you learned into tangible and simple steps to help keep you feeling as fully alive and present as possible.