



KEKOKA YOGA RETREAT 2022 SESSION LEADERS



Gretchen Brown, E-RYT 200, RYT 500, YACEP—Gretchen has lived in Gloucester, VA for over 30 years. She raised her children there and continues to expand her small farm, lovingly known as Brown Acres. Here she raises chickens, grows organic fruits and vegetables, and spends time hiking with her three dogs, Buster, Jaxxon, and Emmett. Gretchen began her yoga practice at home over 20 years ago as a compliment to her running. She completed her 200-hour teacher training in May of 2017 at Zenya Yoga Academy. In January 2019 she completed the 300-hour advanced training to receive her RYT 500 designation. She continues education through workshops and classes so that she is able to bring the benefits of yoga to all populations. One of Gretchen's favorite quotes: "If you can breathe, you can do yoga."



Ashlay Chawla-Karmnanda, Yogacharya (Guru), Reiki Grand Master, Yoga Philosophy Teacher—Hailing from Rishikesh, India (the Heart of Yoga), Ashlay has eight years of teaching experience all over the world. He is trained and mentored by his Gurus and Ashram in India, and is 11th in a direct Guru lineage to the founder of Reiki, Dr. Mikao Usui. Ashlay reads and speaks Hindi, Sanskrit, and English. He and his wife, Emily, are the co-founders of Rishi Yoga and Wellness.



Emily Dawson-Chawla, Yoga Instructor & Reiki Grand Master—A born teacher, Emily has spent her life in constant service and adventure. She began her own spiritual journey at a young age and has since dove deep into a Yogic practice. After years spent training and studying in India, Emily has helped people connect to, and transform with the support of, Yogic Science and Reiki Healing. Emily is also 11th in a direct Guru lineage to Reiki founder, Dr. Mikao Usui. Emily and her husband, Ashlay, are the co-founders of Rishi Yoga and Wellness.



Daina Fawn believes that our birthright is bliss and pure love. She has a passion for holistic wellness, in helping others become the highest version of themselves and creating a deep-seated balance within the body, mind, and spirit. May all our thoughts, words, and actions come from a place of love and compassion.



Chelsea Fay, CYT 200—Chelsea is a Weems native and former gymnast who started yoga to maintain flexibility and fell in love with seeking new challenges as well as calming an anxious mind. Friends encouraged her to seek certification and after her two children were born, she took the leap. She loves to share yoga with as many people as possible and is currently teaching at the Middlesex Family YMCA where she encourages students to push themselves while also being gentle. She believes that yoga is for all ages and bodies and strives to assist people to continue to grow at every stage of life.



Ashley Gerszak—Ashley is a Certified Pilates Instructor and Studio Manager for Niche Pilates at their second location in Irvington, VA. Founded by Jaclyn Forrester, Niche Pilates is focused on form, alignment, functional movement, rehabilitation and inclusivity for people of all ages in all stages of life. Ashley is originally from NoVA but spent the past 10 years in NYC and relocated during the pandemic. Her certifications also include 1000 hours+ in yoga, meditation, integrative holistic nutrition and anatomy.



Art Gilbert, Kekoka Yoga Retreat Co-Chair, has been an avid kayak paddler since his 20's. He is a paddle crew leader for Friends of Dragon Run and has paddled to every Barrier Island off the State of Virginia. Art has also been an amateur astronomer for over 30 years. Before moving full-time to the Northern Neck he was active with the Baltimore Astronomy Society, including many "Sidewalk Astronomy" public outreach events.



Renata Gregori, Renata took her Thai Yoga Massage training with the Lotus Palm School and has taught Yoga for over 20 years, leading workshops and trainings including Prenatal and Postpartum "Mommy & Me" Yoga, for which she has made instructional DVDs. Her classes are inspiring and purposefully challenging, to catapult students to their highest potential, leading to a joyful and soul-satisfying experience. Born to opera singer parents, Renata has a background as a professional singer and actress and she is a Kirtan artist. Renata was the former Director of the Yoga Program at [Riverview Spa](#), an Ayurvedic and Yogic health care center near Satchidananda- Yogiaville, where she was also an Ayurvedic and Thai Yoga Massage Therapist. She has recently moved to Kilmarnock.



Meghan Hall—After practicing yoga for over ten years, Meghan decided to go through a 200 hour Hot Yoga teacher training and will soon have about 245 YTT hours under her belt! Meghan is also a Vegan Life Coach and Educator, and is very passionate about how food choices impact our health, environment, and animals. While Meghan grew up in Richmond, she has ties to the Middle Peninsula and Northern Neck and now primarily lives in Urbanna, VA.



Allie Harris—Allie is a mother of 3, wife, daughter, friend, and neighbor. Striving to be her best self constantly to improve in every area listed above, but most of all for herself, Allie I took my first in person class in May 2021 and while in Savasana had a life-changing experience that made her feel like she'd been practicing forever and that she had found her "thing." Shortly after, she began her 200hr training and has since completed Yoga for Trauma training, as well. Her goal is to always remain teachable. Her favorite part of yoga is that there isn't a right or wrong, no winning or losing. Just be. We don't practice yoga to gain, we practice to let go.



Lynne Headley, E-RYT 500, YACEP—Lynne began sharing her love of yoga with the incarcerated women of the Richmond City Jail. Witnessing the transformative power of yoga on these women's lives inspired her to follow her dharma and become a professional yoga teacher. Lynne is a certified 500 E-RYT and YACEP (Continuing Education Provider) yoga teacher. She received her 200 and 300-hour trainings through YogaWorks with Anne Van Valkenburg. She developed and taught the 200-hour teacher trainings for Atlantic Coast Athletic Club (ACAC) in Richmond. Always a student, Lynne has completed additional certifications in Yoga Anatomy, Yin, Nidra, Meditation, and Ayurveda. Lynne's teaching emphasizes anatomy-informed alignment, the breath, and intention, leading to the cultivation of energy and the awareness of presence. She encourages her students to experience yoga through their own bodies' sensations and thought patterns to find a safe and satisfying practice filled with self-compassion and acceptance. You can find Lynne at lynneheadley.com.



Susan Johnson, E-RYT 200, YACEP—Susan is the co-founder and co-chair of the Kekoka Yoga Retreat and the owner of InsideOut Yoga in White Stone. Since 2010 she has lead public & private classes, workshops, and yoga retreats around the world that challenge your body and nurture your spirit. Her RYT training in 2008 with Ashtanga and Iyengar instructors, Jennifer Elliot and Sandra Pleasants, reinforced her love of creative movement and skillful alignment—a love that continues to inform her practice and teaching to this day. Although Susan has studied with many amazing instructors such as Annie Carpenter, David Swenson, Eoin Finn, Jason Crandell, Greg Nardi and David Keil, her principal sources of instruction are her personal practice and what she learns daily from her students. Learn more about Susan's offerings and teaching style at insidoutyoga.org and on her YouTube channel, [InsideOutYoga1](https://www.youtube.com/InsideOutYoga1).



Jenny Landry, ERYT-200, CPT — Jenny has been practicing yoga for almost three decades and teaching students of all ages and levels for more than 10 years. Her goal today is to make yoga accessible and transformational by encouraging students to embrace their individuality while challenging their self-limiting beliefs. She strives to teach seriously good yoga in an environment that's light hearted and inclusive. Jenny teaches group classes at Abilities Abound in Callao, Trinity Episcopal Church and St. Mary's Whitechapel in Lancaster. She's also available for private sessions and can be reached at **(804) 724-0737** or njenlandry@gmail.com.



Sandy Layman, M.Ed., RYT-500—Sandy is a passionate teacher of yoga, a skilled musician, a loving light practitioner, and a lifelong learner. Her dedication to using sound in her own expression, growth, learning, and healing has impacted and improved many facets of her own life. She loves sharing these gifts with others so that they can do the same! Sandy has had extensive trainings in Shamanism, Reiki, Qigong, Pranayama, Meditation, and more. Thirsty for knowledge, she is constantly seeking and honoring every chance to share what she has learned. Sandy teaches Sound Wellness at The College of William and Mary, special events, and offers private practice one-on-one with clients. Visit laymanwellness.com for more information.



Amy Maloney, RYT 200—Amy has been practicing yoga since October 2004, and teaching since July 2007. She completed her 200 hour teacher training certification with YogaWorks in March 2010 under the instruction of Anne Van Valkenburg. Amy integrates safe alignment, flow of movement, and connection to breath and the inner body. She believes that yoga is for everyone—all you need is the willingness to try.



Angie McKinster, RYT 200—Angie graduated from Virginia Tech with a degree in Communication Studies and a Cognate in Legal Studies. She worked in the Public Relations industry in the DC area before settling in the defense industry. After losing one of her twins, she decided to stay at home with her son. Angie found yoga that same year. She quickly realized that her mat was a safe place to continue to challenge her body and mind while being a new mom. Yoga became her lifeline after recovering from breaking her tibia and fibula in an accident. She found that yoga gave her the strength and flexibility she feared she had permanently lost. Practicing yoga also significantly helped her anxiety, from which she began suffering as a result of the accident. Angie obtained her 200-hour yoga teacher certification from the Loudoun Valley Yoga Academy and Yoga Alliance. She relocated to Gwynn's Island in 2019 and launched Honestly Yoga, LLC that same year. Angie teaches Hatha and Yin at Flat Iron Crossroads in Gloucester, local YMCA's and offers private and small group lessons as well as special events in her private studio on Gwynn's Island. Visit www.honestly-yoga.com for more information.



Joe Miller has been studying and teaching Martial Arts since 1984. Years ago he shifted from the hard styles to the internal arts of Tai Chi, Hsing-i and Pa Gua. This changed the focus to the healing and health benefits of the movements.



Lena (Leanna) Okun, RYT 200—Leanna has been practicing yoga since 2010. In 2015, she earned her 200-hour teaching certificate from Prana Flow instructor Donna McGoff at the Dharma Connection in Sandwich, Massachusetts. She believes that we all have a unique practice and are our own best teachers when we seek to develop curiosity, openness, playfulness, and awareness. While off the mat, Leanna works as an RN, is studying to obtain her NP, and spends time with her spouse and four children.



Barbara Olin, RYT 200—Barbara is the owner of Good Chi Yoga in Ashland Virginia, has been an avid yoga practitioner since 2000 and has been teaching yoga for over 15 years. She completed her 200-hour teacher training program through Yoga Fit International and is registered with the National Yoga Alliance. She continues her education by attending workshops with the masters of yoga and through personal reading and study. Barbara believes that everyone can benefit from the practice of yoga no matter their age or physical condition. Improved flexibility, strength, coordination and focus will come with a consistent yoga practice. She encourages her students to discover themselves and their own potential through a very relaxed, fun and supportive environment.



Anna Pomaska, RYT 200—Anna has been teaching locally since 2007. She began her spiritual movement quest in the early 70s with the Dances Of Universal Peace and the Sufi master Pir Vilayat Inayat Kahn. She observes Sudarshan Kriya Yoga (SKY) breath practices as taught by Sri Sri Ravi Shankar of the Art of Living Foundation and regularly breathes and meditates online with meditation teacher and psychologist Tara Brach. Anna currently teaches both Hatha and Chair Yoga classes through her own Moving Breath Yoga located in the historic Woman's Club in Urbanna and is honored to be part of the Alchemy of Camp Kekoka and all its community.



Sarah Rae, RYT 200—Sarah has been practicing yoga for 12 years and completed her RYT-200 certification in 2017. Currently, she serves as the Senior Membership and Wellness Experience Director for the Mathews and Middlesex Family YMCAs, where she also instructs indoor cycling classes.



Morgann Rose is a Certified GYROTONIC® instructor, movement therapy coach, and retired Principal Ballerina. Originally from Lake Forest, California, Morgann graduated from the University of North Carolina School of the Arts before joining her first ballet company Elliot Feld's Ballet Tech in New York City. In 2001, she joined The Washington Ballet serving in a variety of roles as Principal Dancer until retiring in 2017. Her performing arts experience brings a unique perspective and approach to personal training, health and wellness that includes improvisational movement techniques, injury rehabilitation, alignment, injury prevention, and overall body awareness. Additionally, Ms. Rose continues to support numerous professional ballet companies and performing art schools around the world choreographing various productions. She now lives in Reedville, VA and is also working with Etudes Ballet School in White Stone, VA as a ballet instructor.



Rochelle Townsend, E-RYT 200, Certified Health Coach, Reiki Master and Licensed Esthetician—Originally from south Jersey, Rochelle has taught for over 17 years and has owned and operated three successful yoga studios in Colorado and New Jersey. She has certified over 30 yoga teachers in accordance with Yoga Alliance standards and has worked privately with a variety of people who choose to use yoga as a healing modality for ailments such as anxiety, fibromyalgia, scoliosis, strength and rehabilitation. Her initial training was vinyasa with an alignment focus. She has gone on to study Structural Yoga Therapy, Yin Yoga, Yoga for Scoliosis and has received many other certifications to allow her practice and teaching to evolve to her students' needs. Rochelle is the owner of Peak Wellness and Nutrition where she offers Wellness and Esthetician services and also teaches at BodyFit in White Stone, where she leads workshops on yoga and nutrition, and offers individual and group health and nutrition coaching. www.peakwellnessandnutrition.com