



KEKOKA YOGA RETREAT 2023 SESSION LEADERS



Bonnijean McGrew Boggess has over 20 years of yoga experience and leads the "Mid-Summer Yoga in the Mountains" retreat at Shrinemont in the Shenandoah Valley. She is an online Special Education Teacher and leads a variety of fitness classes at Greater Richmond YMCA branches. She is AFAA group exercise, yoga, and Pilates certified and splits her time between Mechanicsville and Basye, Virginia.



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."



Alli Crowell, RYT 200—Alli lives in Gettysburg, PA with her husband and two daughters but her family has vacationed in White Stone for four generations. She is the owner and instructor at [RISE Yoga Gettysburg](#). In addition to her 200-hour Yoga Alliance training, Alli is certified by the [Love Your Brain Foundation](#), an organization which focuses on accessible yoga for brain injury with an emphasis on fostering resilience through mindfulness meditation and community building. A former Spanish and ESL teacher and current instructional coach, Alli has 15 years of experience in K-12 and adult education. Alli will be co-leading Inside Out Yoga's 2024 retreat to Spain with Susan Johnson.



Challie Deibel E-RYT 500, YACEP—Challie is thrilled to be a part of the Kekoka Yoga Retreat. She's been teaching a variety of yoga styles for 20+ years in the Richmond, VA area. Vinyasa Flow with an alignment focus is her favorite style to teach. She has led two 200 Hour teacher trainings and loves sharing yoga and the benefits it has brought to her life. She was her daughter's Girl Scout leader for many years and enjoys camp life, kayaking, paddle boarding and hiking.



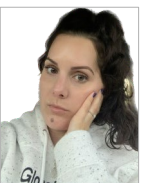
Lori Erwin, RYT 200—Lori is the owner of Paddle On of Williamsburg, has been practicing yoga for 10 years, and received her 200 RYT Certification through Studio South in Williamsburg. She's also a Certified SUP Yoga Teacher as well as a Certified World Paddle Association Level II Instructor. Lori takes her studio out onto the water May through September and offers Paddle Yoga, Paddle Fit, Lessons, events and much more! She loves to spread her love of yoga and paddleboarding through her classes.



Daina Fawn, RYT 200—In addition to her 200-yoga teacher certification, Daina is also certified as a Stott Pilates Instructor, a Reiki Energy Balancing Healer, a Thai Massage Practitioner, a TRX and NASM Personal Trainer, and a Holistic Transformation Guide. She is the founder of Transzendence, LLC, a movement practice that fuses dance, yoga and energy healing. A former professional dancer with the Latin Ballet and Charisma, Daina has been teaching for 23 years.



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.



Meagan Franklin, RYT 200—Yoga has been at the core of Meagan's self-healing journey and continuous growth. After stumbling upon it later in life and practicing for 3 years, she knew it was exactly what I she wanted to do, and most importantly, exactly what I she wanted to share with others. Meagan believes yoga is for everybody and can bring peace to anyone willing to accept it.



Ashley Gerczak—Ashley is a Certified Pilates Instructor and owner of Blue Honey, a yoga, meditation, and pilates collective founded in Irvington, VA. Blue Honey combines modalities to foster a sense of personal and communal wholeness. Their space is intended to serve as a container: a wellspring for local practitioners and a home for our teachers across the world. Their practice is collaborative: we teach both mat and reformer Pilates in the classical and more functional styles; our yoga and meditation offerings are a blended medley of lineages, including Hatha, Ashtanga, Katonah, restorative yoga, as well as functional movement. These offerings are all intended to connect breath with movement. Our approach is holistic: we have found that this intentional weaving helps inform body awareness and encourage internal exploration. Learn more at <https://www.mindbodyonline.com/explore/locations/blue-honey>.



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.



Tara Haislip—Tara Haislip is a Spiritual Career Mentor, International Best-Selling Author, and the CEO of Grounded Energy111. She left her career as a successful professional dancer to rebuild herself in Corporate America and become the ultimate soul-aligned trailblazer. After her own experience transmuting her shadows, she now helps women break cycles of generational and societal conditioning to finally design a life that doesn't feel like the never-ending hamster wheel! She helps her clients balance their masculine and feminine energy (regardless of gender) that's been dictated by traditional corporate structures for far too long.



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 letting 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 in 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, 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.



Esther Heideman—Esther has made it her life's mission to use her musical gifts to heal. For the past 25 years, she has performed as a soloist with the top orchestras and opera houses around the US, including the Metropolitan Opera, Carnegie Hall, and The Kennedy Center, as well as other major concert halls throughout Europe and Asia. Several years ago Esther was introduced to a Tibetan Singing Bowl Master from Nepal who started working with her on the ancient art of using vibrational energy from Tibetan Singing Bowls to heal people. She is currently offering private and group Tibetan Bowl healings in Kilmarnock, VA and the Washington, DC area.



Susan Johnson, E-RYT 200, YACEP—Susan is the co-founder and co-chair of the Kekoka Yoga Retreat (her 14th year!) and the owner of InsideOut Yoga in White Stone. Since 2010 she's been teaching classes and leading 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, her principal sources of instruction are her personal practice and what she learns daily from her students. Her next retreat is in the Penedés Mountains near Barcelona, Spain. Find Susan at insidoutyoga.org and on her YouTube channel, InsideOutYoga1.



Neelam Kataria, RYT 200—Neelam, a hippie soul, grew up in India with yoga as a way of life. She has been practicing yoga for many years and teaching yoga and dance for over 8 years. Neelam is now bringing her love and passion for yoga and dance to the Northern Neck, Kilmarnock VA. She is a RYT@200, Yin Yoga, Yoga Nidra, Restorative Yoga, Aerial Yoga, Aerial Restorative Yoga, Liquid Motion, and Pole Dance teacher. She is fluent in English, Hindi & Punjabi. She is the co-founder of Shakti Aerial Yoga located in Kilmarnock. Her favorite quote is "be boundless" and believes boundlessness can be achieved through yoga and dance. She can be reached at 571-201-6266 or at shaktiaerialyoga.com.



Sejal Kinker — Sejal is an avid whitewater boater who enjoys paddling many crafts including kayak, canoe, raft, and stand-up paddle board. She is also a L5 whitewater kayak instructor, certified in Wilderness first aid and has taken many water rescue courses. While not on the water she enjoys yoga, hiking, mountain biking, making pottery, jewelry and spending time with her family and three granddaughters. She is available for private lessons for whitewater kayaking and can be reached at sejalms@hotmail.com.



Nichole Knott, RYT 200—Nichole completed her 200-hour teacher training under Anne Van Valkenburg through Yogaworks Richmond in 2014. After many years of being a student, Nichole fell in love with the idea of working cohesively between mind, body and breath and found the perfect teacher in Ann to show her the way. Nichole was a paramedic for many years in critical care transport and worked to skill level at Cape Fear ER in North Carolina after graduating from Virginia Tech '93 with a communications degree and a minor in health administration.



Lakshmi Lambert—Lakshmi is a deeply steeped healing artist devoted to cooperatively creating a healthy life on earth for as many species as possible. In her daily practice as a holistic physician for more than thirty years, she uses the tools of herbal medicine, homeopathy, acupuncture, bodywork, tarot, psychodrama and dance therapy to weave together personalized healthcare. She'll focus this weekend as a facilitator of the Dances of Universal Peace, of which she is a certified leader. She's been honored to circle the planet co-creating circles of peace since 1980, including in Virginia. holistichealthlala.com



Jenny Landry, ERYT-200, CPT — Jenny began practicing yoga almost 3 decades ago and immediately became a devotee after experiencing the profound affect yoga has on the mind, body, and spirit. She's been teaching in the Northern Neck for over 10 years and remains committed to the mission of making yoga accessible to all. Jenny is equally as passionate about embracing yogic practices and philosophies as a way of life.



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.



Nathan Martin—Nathan is the founder and owner of CAPITAL GYROTONIC® in Washington, DC which began in 2013, and also teaches at Motion Studios in Kilmarnock, VA. A former ballet dancer and alumni of the Joffrey Ballet School, Nathan is a certified GYROTONIC® & GYROKINESIS® Master Trainer, as well as being RYT®-200 Yoga certified. Grandson of a Qi Gong Master and Acupuncturist, Nathan grew up around his grandparent's Chinese medicine clinic in Hong Kong, exposing himself to alternative medicine and healing arts from a young age. His deep understanding of the body, combined with knowledge of alternative medicine and background in dance have enriched his teaching style and made him a versatile, sought-after trainer in both the U.S. and in Asia.



Angie McKinster, RYT 200—Angie graduated from Virginia Tech with a degree in Communication Studies, focusing on 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. Yoga became her lifeline after recovering from breaking her leg in an accident. After recovery, she joined the Fire and Rescue Squad in DC but quickly found that line of work to be counterproductive to what she was continuing to pursue on the mat. She took a leap of faith following her service and 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 that same year. She closed the studio in 2021 but still remains in business, operating in her private studio on Gwynn's Island, tailoring to private students, smaller groups and special events, as well as substituting of other area teachers. For more information on current offerings, visit honestly-yoga.com.



Joe Miller has been studying, training and teaching Martial Arts since 1984 and has taught Tai Chi at his local YMCA for over two decades. Tai Chi is all about reconnecting the mind, body, and spirit. The smooth continuous movements are easy on the joints, yet they build energy in all our different bodies. Come lift your spirits for the day with a little Tai Chi in the morning.



Susan Phillips, 220 Hour Kundalini and Meditation Teacher—Susan has been practicing yoga since 2005 and teaching Kundalini Yoga and Meditation since 2018. She's passionate about sharing her love of Kundalini Yoga and teaches with an authentic and fun approach. She offers a caring, nurturing, and safe practice for students to enrich their lives. She loves Kundalini because of the high vibration that can be reached to heal our bodies and to heal our world.



Wendy Phillips, RYT 200—Over the years, Wendy has been blessed to share space with teachers such as Bryan Kest, Sharon Gannon & David Life, Baron Baptiste, and Dharma Mittra. She loves to learn new ways to fill her yoga toolbox.



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.



Morgann Rose—Morgann is a Certified GYROTONIC® and GYROKENSIS® instructor, Owner of Motion Studios in Kilmarnock VA and a former professional 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 include injury rehabilitation, alignment, injury prevention, and overall body awareness. She lives in Reedville, VA. www.motionstudiosva.com



Irene Vest—Irene is a Certified Pilates Instructor and instructor at Blue Honey in Irvington, VA. She's an energetic mom of one who fell in love with movement at an early age. She began to focus on low impact, high intensity movement after her collegiate volleyball career came to an end. Irene is a firm believer in listening to your body and building strength from the inside out.



Nancy Wilson, RYT 200—Nancy grew up in the Northern Neck and has lived in Gloucester for many years. She taught yoga from 1998 to 2020, and now occasionally subs at InsideOut Yoga. She likes that the practice of yoga is welcoming to people of all abilities and all beliefs.