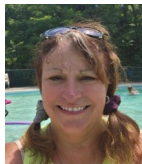




KEKOKA YOGA RETREAT SESSION LEADERS 2025



Dr. Eva Abel, is a licensed clinical psychologist with over 20 years of Hatha Yoga experience. Join her in her dedication to cultivating profound presence and inner illumination. Eva has been deeply immersed in the Integral Yoga and Raja Yoga traditions, bringing a rich understanding of both physical and philosophical practices to her teaching. She offers a unique approach that seamlessly integrates natural mindfulness into day-to-day activities, revealing the divine in the everyday and empowering you to live with greater awareness and joy.



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.



Melissa Burke—In 2020, Melissa opened Grow NNK, turning her dream of owning a business that offers organic wellness products accompanied with the energy of plants and healing crystals into reality. She's since transformed that business into a sacred sanctuary where she offers reiki, sound healing and meditation along with complimentary wellness products. Most recently, she's been called to work with children by teaching Mindfulness at Chesapeake Academy. She believes her soul purpose is to be a messenger of God: to connect the physical realm to the spiritual realm, to assist in healing, and raise consciousness through meditation, sound, and reiki, to create a safe space for children and adults to connect, empower, and encourage divine love and guidance. Learn more at growwnnk.com.



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 InsideOut Yoga's 2025 and 2026 retreats to Italy and Portugal with Susan Johnson.



Dr. Joseph A. Garcia is a licensed clinical psychologist and an experienced guide in mindfulness and spiritual practices. With more than 20 years dedicated to Raja Yoga meditation, he offers a deep well of insight. Joseph's spiritual journey is enriched by his lay ordination in the Soto Zen tradition and initiation in Vajrayana Buddhism. A devoted practitioner of Shiva and Shakti, he has explored numerous tantric paths, most recently deepening his practice in Bhakti, Karma, and Hatha Yoga. He looks forward to sharing these rich traditions with you through meditation and Tantra yoga.



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 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.



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.



Esther Heideman—Esther has made it her life's mission to use her musical gifts to heal others. For the past 25+ years, she has been performing as a soloist with the top orchestras and opera houses of the world, including multiple engagements on the east coast with the Metropolitan Opera, Carnegie Hall, and The Kennedy Center. In 2020, 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 currently offers private and group healings in Kilmarnock, VA and the Washington, DC area. For further information visit thebowlmovement.com.



Amber Hogg—Amber is an ACE Certified Group Fitness Instructor who began her teaching career at the Mathews Family YMCA in 2018. In 2020, she discovered a passion for WARRIOR Rhythm and became a Master Trainer for the WARRIOR Instructor Academy in 2022. She is also part of the WARRIOR Rhythm talent team and can be seen in official instructor videos. Amber is well-rounded in fitness, holding SCW Indoor Cycling (SCHWINN) training and certifications in all WARRIOR formats. Since WARRIOR Rhythm is rooted in yoga, she is currently pursuing her RYT-200 certification. She is passionate about creating fun, challenging, and inclusive classes for all participants. Amber currently teaches at the Mathews and Middlesex YMCAs, as well as CyclePath Fitness in Newport News, VA.



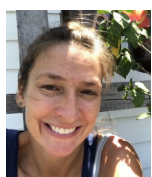
Susan Johnson, E-RYT 200, YACEP—Susan is the co-founder and co-chair of the Kekoka Yoga Retreat and the owner of *InsideOut Yoga + Retreats* in White Stone (IOY). Since 2010 she's been teaching classes and leading retreats around the world that challenge your body and nurture your spirit. Her RYT training 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. IOY's next retreats are Oct 2025 in Italy (both weeks sold out) and Oct/Nov 2026 in Portugal (spaces available the second week). You can find Susan at insidoutyoga.org and on her YouTube channel, [InsideOutYoga1](#).



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.



Sherab "Shey" Khandro is a distinguished artist and philosopher whose journey seamlessly integrates ancient wisdom with contemporary insights. She studied and practiced for 15 years as a Buddhist nun in the Tibetan tradition. She has deeply explored philosophy, spirituality, metaphysics, and modern science. During her decades-long artistic career in the sacred arts, her work resonates with mindfulness and compassion, with each dot in her vibrant pointillist paintings imbued with intention, a prayer to end suffering. As a dedicated professional, spiritual mentor, and speaker, Shey passionately advocates for your love of self, each other, and our precious planet. Her fierce commitment to fostering a compassionate and connected world inspires individuals to embark on their own journeys of self-discovery and inner peace. Join Shey in exploring the transformative power of mindfulness & compassion and discover their profound impact on your 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. Her website is sharedacresyoga.com.



Lindsay Manziak, MSN, WHNP-BC—Lindsay Manziak is a board-certified Women’s Health Nurse Practitioner and founder of *Wednesday Wellness*, a wellness-based practice focusing on hormone optimization and metabolic health, backed by science and rooted in connection. Lindsay has over a decade of experience as a nurse practitioner, serving women in gynecologic oncology and primary OBGyn settings before venturing into wellness-based care. She has always had a deep passion for preventive health and now focuses on supporting women in midlife and beyond through a holistic lens. Her work blends clinical expertise with a heartfelt mission for women to be heard, empowered, and restored in their bodies. Lindsay lives in Newport News, VA with her husband and three children, and is a realist oil painter in brief interludes throughout her life. Wednesday Wellness is located in Newport News and serves all of Virginia. Learn more at wednesdaywellness.co or @wednesday_wellness on Instagram.



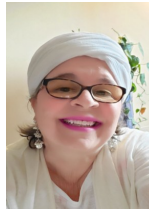
Nathan Martin—Nathan splits his time between Washington DC and Kilmarnock, VA in the Northern Neck. He is the founder and owner of CAPITAL GYROTONIC® in Washington, DC which began in 2013. He also teaches weekly at Motion Studios in Kilmarnock, VA. A former ballet dancer and alumni of the Joffrey Ballet 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.



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!



Barbara Olin, RYT 200—Barbara 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.



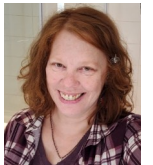
Susan Phillips, 220 Hour Kundalini and Meditation Teacher—Susan has been practicing yoga since 2005 and teaching Kundalini Yoga and meditation since 2018. She's passionate about sharing her love of Kundalini Yoga and teaches with an authentic and fun approach. She offers a caring, nurturing, and safe 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.



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. Her website is motionstudiosva.com.



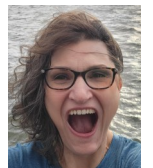
Nancy Sessoms, E-RYT 500—Nancy has been practicing yoga for over 20 years and teaching since 2013. She was the owner of Gloucester Yoga for 7 years and is currently teaching 3 classes per week. She is certified by Dr. Loren Fishman and teaches his 12-pose program for osteoporosis. Nancy embraces yoga as a lifestyle and believes in its efficacy to find stillness and peace within.



Caroline Shifflett, Certified Laughter Yoga Leader—Caroline Shifflett is a homeschooling mom to a 14 year old son who enjoys adventuring with her family, mushroom hunting/photography and is most well known for her love of laughter.



Shelle Taylor, ERYT-200—Shelle has been an instructor and trainer at American Family Fitness in Glen Allen, VA for over 35 years and at ACAC Fitness and Wellness for over 10. She added Yoga to her life in 2008 by completing the 200 hour training at Glenmore Yoga. Teaching yin, power yoga and vinyasa flow weekly helps her find balance. Her mantra is "taking everything from your mat into your life."



Tessa Timberlake—Tessa's passion is to share yoga practices that allow freedom to be felt in our hearts, bodies and souls. She teaches Vinyasa and Hatha, but specializes in Yin Yoga, Wall Yoga and Energy Healing. A teacher since 2017, she has obtained 900 hours of yoga certifications, some of them faith-based. Tessa is also an NASM certified personal trainer, corrective exercise specialist and energy healer.



Irene Vest is a Certified Pilates Instructor offering private reformer sessions at her home in Kilmarnock as well as mat classes around the Northern Neck community. After years of weight training, collegiate volleyball and running, she began to focus on resistance-based, low impact movement postpartum in an effort to safely and effectively strengthen her body. Irene is a firm believer that Pilates can enhance all other forms of fitness as it enables individuals to connect intention to the movement and build strength from the inside out.