

Meet Your Teachers



Jacquie Freeman, your keynote speaker, is a passionate teacher, author, and creator of sacred spaces for personal growth and transformation. As a Reiki Master, Sacred Mandala Artist, Yoga Teacher, and Sound Healer, Jacquie brings a holistic approach to her work, blending ancient wisdom with modern practices. Her book, “Daily Rituals – 30 Days to Peace, Empowerment and Clarity,” has received awards for its transformative insights, while her Amazon #1 international Best Seller, “Dear Younger Self,” has touched the hearts of readers worldwide. Jacquie is currently co-authoring a book and oracle deck with renowned author Jack Canfield, merging the power of chakras with personal success strategies. Her expertise extends beyond her publications, as she has conducted over 18 Empowerment Retreats in breathtaking locations like Sedona, Lake Arrowhead, and Laguna Beach.

Despite retiring as an Elementary School Counselor, Jacquie’s love for teaching and empowering others remains unwavering. Pursuing a PhD in Metaphysics, she shares her insights through in-person and online coaching groups, helping individuals embrace their soulful essence and achieve profound success. Jacquie’s dedication to personal growth is further reflected in her certifications as an Infinite Possibilities Trainer, a Jack Canfield Certified Trainer, and a Wellness and Life Coach from the Chopra Center.



Kristina Cotran’s specialty is teaching Social Emotional Learning (S.E.L) strategies with educators and high school students. She has been a yoga practitioner and Special Educator teacher since 2011. 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, Restorative and Yin yoga. She brings her musical talents, by sharing Kirtan (singing mantra with harmonium) with her classes. She lives in Upland with her husband Timothy and cat Morgan. If you have students at home, subscribe to her YouTube channel to hear her educational music and watch instructional math videos:

<http://www.youtube.com/user/kristinacotran> and can be reached at: kristinacotran@gmail.com



Kathy Bolte, our Camp Co-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 Co-Dean of Camp de Benneville Pines Annual Yoga Camp in the mountains of Southern California. She also leads 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, grandmother of six, lives in Southern California with her husband, three precious dogs and one elder cat. She is an avid mountain biker and passionate agility handler to her two amazing border collies. Connect with Kathy on her website at <http://www.kathybolteyoga.com/> On Facebook at <https://www.facebook.com/kathy.bolte.3/> or her YouTube channel at <https://www.youtube.com/channel/UC8cHBY8Z3chmxDYTfHz7avA>



Angela Andiorio (Camp Co-Dean) and Nathaniel (Nathan) Gabor are a husband and wife team and are both certified Pranakriya Yoga teachers. They've been yoga practitioners and life partners for over 20 years! They enjoy co-teaching yoga workshops and spending as much time as possible outdoors. It was the perfect move for their family of four to relocate to Angelus Oaks in 2021. They are a very active family and they spend a lot of time together creating, hiking, camping, and exploring the natural world. They strive to live life fully alive in every moment and to teach their children to do the same.

Angela is the co-director of Heart and Goal, INC a heart-centered and women-owned business that helps people build stress-resilience skills to support their personal well-being. Heart and Goal offers integrative

yoga programs, nature retreats, and products that are uplifting and inspiring. www.heartandgoal.com
Nathan runs a scientific laboratory at the University of CA, Riverside. He has his PhD in Physics and has been a lifelong artist. He is a generator and innovator and almost always surprises people with what amazing creative idea he's come up with or what recent project he has completed!
<https://qmolab.ucr.edu/>



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 <https://www.facebook.com/Karen.May.47>. Instagram at https://www.instagram.com/karen_kartar_araizayogaayurved/ or email her at Kmay.araiza@gmail.com



International Kirtan artists **Nick & Eddie Young** are a father-son duo who create beautiful and spiritually connected music featuring sitar, cello, bamboo flute, voice and other instruments.

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 has been creating music with the sitar for over 30 years with a focus on meditation and inner exploration. Nick uses sitar, bamboo flute, voice and electronic instruments to envelope his audience in a lush soundscape of healing and beauty. You can enjoy Nick's music by subscribing to the "Sitar Meditation Music" podcast on your favorite podcast platform. Visit Nick at <http://bombayrain.net/> and Eddie at <https://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.