

## Yoga Camp 2026 Teachers and Session Descriptions

### Meet the Deans

#### Angela Andiorio and Nathaniel Gabor

Angela and Nathaniel (Nathan) 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 Andiorio

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/wellness programs for schools and for other community agencies in caring roles, nature retreats, and products that are uplifting and inspiring. She values connection and loves sharing yoga with her community in the mountains and in Redlands and Riverside. In addition to this she works as registrar for Camp de Benneville Pines!

[www.heartandgoal.com](http://www.heartandgoal.com)  
[www.spaceandtimeyoga.com](http://www.spaceandtimeyoga.com)



#### Nathaniel Gabor

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/>



## Featured Teachers and Musicians (Alphabetical Order)

### Ākāśavāni Kīrtan

Ākāśavāni Kīrtan brings you a soulful, heart-opening exploration of sacred mantra, moving from meditative sweetness to a powerful uniting of ancient East with contemporary West.

Ākāśavāni leads kīrtan at yoga studios, festivals, music and yoga events throughout the U.S. and India. Their music can be heard on all streaming platforms. Members of the band include Eddie Young who plays cello, flute and bass guitar, Frank Dowens on percussion, Kristina Cotran singing vocals and playing harmonium, Karen May singing vocals, and Kathy Bolte playing harmonium and guitar, and singing lead vocals. All of the band's music is original, composed by Kathy. Ākāśavāni's goal in offering their music is to create Sacred Space for the listener to connect to something bigger than themselves, and at the same time, take a journey back to their own loving heart.

Through chanting we merge our personal consciousness momentarily with the infinite consciousness that is our origin and our destiny. It is the drop of water finding its way back into the ocean from which it came.

Join Ākāśavāni on this sacred journey back home.



### Kathy Bolte

Kathy Bolte is an International Best Selling author, international Yoga teacher, Mantra Meditation teacher, Kīrtan musician, facilitator of wisdom circles, and leader of annual spiritual and healing retreats to India. Kathy's memoir, "Ringo's Rainbow Journey" is available on Amazon in print, audio, and Kindle versions. Certified in Nada Yoga (the yoga of sound), Kathy teaches Sanskrit and mantra practices, she has released three sacred music albums and one album of mantra meditation, all available on most streaming platforms. Kathy's passion is to help people open to their full, whole-hearted potential. <https://www.kathybolteyoga.com/>



**Fania De Lugo** Fania was first introduced to recreation in college working at the front desk of the UC Riverside Recreation Center. After completing her degree in psychology and two yoga certifications, she began working a variety of positions at her local climbing gym in LA County. Over the years Fania taught yoga classes and workshops in gyms throughout Southern California, as well as public and private classes in varied outdoor environments. She spent the last five years working for California State Parks in the Natural Resources Division. During her time on the field, her work experience included prescribed burns, reforestation efforts and varied research collaborations with multiple agencies. She quickly fell in love with land restoration and fuel management. Most recently she assisted a college-level Wildland Firefighting Academy at Pasadena City College and implemented several mindfulness exercises to help cadets cope with the course demands. Fania is always seeking ways to contribute and share what she has learned about wellness and self-regulation through the breath and embodied movement.



## Frank Dowens

Frank Dowens is a Musician and Drum Circle Facilitator: Music has been a focus for Frank starting from an early age, beginning with accordion lessons at 8 years old, then violin lessons with middle school orchestra. This was followed by graduating from the Musicians Institute Hollywood in Jazz Bass and then 1 ½ years of training in middle eastern drumming with a professional drummer. He merged his musical training with his interest in community building with getting certified in drum circle facilitation from UCLA. Frank has been leading drum circles since 2022, and has been drumming for the Kirtan band Ākāśavāni since 2024.

Find Frank on Instagram @rhythmicjourneydrumcircle



## Rebecca Lyons

Dr. Rebecca Lyons is dedicated to bringing a higher standard of safety and efficacy to the world of botanical medicine. As a PhD chemist and Professor at the University of Redlands, she utilizes her background in plant research to rigorously vet the science behind the remedies. This analytical precision serves as the foundation for her work as the Lead Clinician for Herbal Medics Academy, where she has spent eight years bridging the gap between traditional practice and modern evidence-based safety. With a history as a Wilderness EMT and rock climbing guide, Rebecca understands that whether in the clinic or the backcountry, the priority is always the same: providing practical, reliable care that is proven to work when it matters most.

<https://www.biobotanicalsbybecky.com/>



## Lauren Wooster

Lauren Wooster is a life long artist who has honed a specialty in mixed media collaging. Taking from her extensive background of outdoor exploration she uses her collage and paint to weave tapestries of the human experience as a society co-existing with our natural world. Lauren enjoys teaching others how to use the world around them to express their inner talents through art, and is looking forward to working with all of you.

<https://www.instagram.com/laurenwoosterart/>



## Eddie Young

A musician since the late 60's, Eddie plays the Cello, Bass and Flute.

Eddie played a variety of musical styles for many decades, but an interest in the music and philosophy of the East took over about 23 years ago. He's been playing sacred music and Kirtan ever since.

Eddie says: Music is my spiritual path, and I love to play. For me the goal is to get out of the way and let the Music happen. When I am truly playing music, it's flowing through me and I am a witness to it.



## Nick Young

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.

**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>

