



KEKOKA YOGA RETREAT 2024 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.



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.



Mohler Carlson, RYT 200—Mohler fell in love with yoga in 2005 when she wandered into a yoga class at her local YMCA. In 2016, she received her Yoga Alliance 200 hour teaching certification from Jenny Hunter at [The Yoga Movement](#) in Dallas. In 2019, she received a 55-hour Myofascial Release certification with Tiffany Cruikshank, founder of Yoga Medicine. You'll often hear Mohler say that, after having been a registered nurse and a mother of three, she grew up to be a Yoga Instructor. She's currently practicing and teaching at [TAOU Studio](#) in Richmond.



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 retreat to Italy with Susan Johnson.



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 in the summer months and offers SUP Yoga, Paddle Lessons and Full Moon Events. She also offers Floating Yoga at the Northern Neck YMCA indoor pool from October - April. Lori 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 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.



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. 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.



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.



Susan Johnson, E-RYT 200, YACEP—Susan is the founder and co-chair of the Kekoka Yoga Retreat and the owner of InsideOut Yoga (IOY) 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. IOY's next retreat is October 2025 in Umbria, Italy. You can find Susan at insidoutyoga.org and on her YouTube channel, [InsideOutYoga1](https://www.youtube.com/channel/UC1...).



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. Shey 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.



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 administra-



Kirsten Knull, RYT 200—As a busy mom with a full-time career, Kirsten started practicing yoga to kill two birds with one stone; to get a great workout with a smidge of stretching. What she discovered was an unexpected connection to peace, spirituality, and self through moving meditation. Kirsten spent two years in Seattle where she received her 200 Hour training in Baptiste and Vinyasa Flow in 2014. She currently lives in Richmond, VA.



Jenny Landry, ERYT-200, CPT — Jenny began practicing yoga almost three decades ago and immediately became a devotee after experiencing the transformative affect yoga has on the mind, body and spirit. She's been teaching in the Northern Neck for almost 15 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. Her website is sharedacresyoga.com.



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.



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 surviving son. Angie found yoga that same year. Yoga became her lifeline after recovering from breaking her leg in a freak accident. After recovery, she joined the Fire and Rescue Squad in Loudoun County, VA, but quickly found that line of work to be counterproductive to what she was pursuing 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 and her family relocated to Gwynn's Island, VA, in 2019, and launched Honestly Yoga, LLC that same year. She closed her studio in Gloucester Court House in 2021, but still remains in business, teaching in her private studio on Gwynn's Island. She tailors to private students, smaller groups and special events. She also substitutes for other teachers in the Middle Peninsula. 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!



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.



Wendy Phillips, RYT 200—Always a student, 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 and share her yoga toolbox.



Morgann Rose—Morgann is a Certified GYROTONIC® and GYROKINESIS® 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.



David Scarbrough, PhD, RYT 200—David graduated from teacher training at the Satchidananda Ashram (Yogaville) in 1991 and has been teaching yoga in the Northern Neck ever since. His "Total Yoga" style encourages a meditative approach to yoga postures. Each class ends with a brief period of seated, silent meditation. A long-time meditator, he has also been leading workshops in meditation at Kekoka and other venues around the Northern Neck over the past few years. His website is northernneckyoga.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 13 year old son who enjoys adventuring with her family, mushroom hunting/photography and is most well known for her love of laughter.



Susanne Siemonsen—Susanne is a master esthetician who's been helping clients transform their skin for nearly 20 years. She started her career in medical skincare, working in doctors' offices where harsh procedures were commonplace. She quickly recognized that it wasn't necessary to harm the skin to improve it. Her approach is holistic, simple and straightforward, revolving around the skin's innate ability to regenerate itself. As part of her clients' skin transformation, she takes into consideration their lifestyles, diets, toxins, stress levels, sleep patterns, and at-home maintenance, all of which play a big role in the beauty and health of the skin. Learn more at myskintherapy.net.



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 help to balance Her life. 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.