



DISCOVER WHAT MATTERS.

## WOMEN'S RETREAT ACTIVITY LEADERS



**Retreat Curator - Rohini Grace** is the Colorado Chautauqua's Experience Curator. With a vast background in women's tours and retreats, Rohini is the retreat guardian and the go-to for anything you may need.



**Inspirational Speaker - Julie Tara** is an inspirational speaker and writer, who has built a vibrant worldwide business in the wellness industry, becoming a sought-after teacher and coach. She is deeply committed to helping raise consciousness during this most exciting potent time, learning and teaching others how to reclaim their true divine destiny.



**Vinyasa Yoga - Sarah Lems** practices yoga because it has changed her outlook on life, allowing her to find the pause between stimulus and response. Most importantly, yoga has taught Sarah how to slow down, so that she can listen to her own inner voice. Sarah approaches her teaching in a nurturing, supportive, and fun-loving way.



**Forest Bathing - Darlene Rooney** is an ANFT Forest Therapy Guide. Nature and Forest Therapy is a relational practice of being in the natural world with the intention to slow down, awaken the senses and be fully present to the beauty, mystery, and healing energy of nature. Darlene has been a massage therapist and student of yoga for over 20 years.



**Musical Artist - Sheela Bringi** has released two albums as a solo artist (Shakti Sutra and Incantations), and her work to bridge the musical worlds of India and America has been profiled by NBC News, NPR, Yoga Journal, and others. Bringi's lush Indian vocals, soaring bansuri flute, and harp have graced 50+ world and new age records as well as several acclaimed film and TV scores.



**Cacao Priestess - Helen Knight** is a healer, medicine woman, Spiritual Alchemist, and Reiki Master/teacher. Ceremonial cacao was used by the Maya and Aztecs to connect and receive guidance and counsel from their gods and goddesses. Ceremonial cacao is a feminine heart medicine that helps expand self-love.