



Meet the Family Yoga Retreat Activity Leaders!



JULIE RECALDE, Yoga Teacher/Retreat Leader

Julie discovered yoga in 2012 and instantly felt a strong connection with the practice. The benefits she has experienced through yoga include better health, peace, stress relief and a fascinating mind-body-spirit connection. Julie completed her 200-hour yoga teacher training in 2016. Julie enjoys teaching yoga as a way to share a healthy, peaceful lifestyle. She loves teaching in a gentle manner where breath is the focus, offering options to deepen practice when students feel they are ready. By listening to the body through the breath, the mind-body-spirit connection can be more easily explored. Not only does she offer Gentle Flow and Chair/Senior classes, but she also teaches Family/Kids yoga with her nine-year-old daughter. She's beyond grateful to lead a special group of yogis ranging from one year old to adult in the first Family Yoga Retreat at Dahlonga Spa Resort in more than six years, sharing the experience with her husband, son and daughter.



AITOR RECALDE, Musician/Campfire Sing-Along Leader

At the age of 13, Aitor began to teach himself how to play guitar, which nicely complemented his love of singing. His first leadership role in music was in Lima, Peru when he began leading the church youth choir as just a teenager. At his university in Lima, he played guitar in the Tuna, which is a traditional serenade-singing music group originating from 13th century Spain. Aitor has been singing at Altobeli's Restaurant and Piano Bar in Alpharetta, GA since 2007 where he currently performs at least four times per year. He also sings in his church choir and is no stranger to solos. He is excited to be leading sing-along music around the campfire during the retreat. Non-traditional instruments such as tambourines and maracas will be available for all to use too. **Every adult and child participant is encouraged to email Julie two sing-along song requests by May 1.** Requests can be anything from rock and pop to children's songs to anything in between!



RICKY ROWELL, Athlete/Sports Activity Leader

Playing, coaching, refereeing and organizing sports is second nature to Ricky, and his easygoing demeanor and fun personality make him the perfect sports leader for a retreat. During middle school and high school, Ricky played basketball, baseball and football. After joining the military, he served as his unit's representative in the Army Family and Morale, Welfare and Recreation (Army MWR), organizing and structuring his unit's teams for flag football, softball, basketball and other sports. When he was deployed to Bosnia, Kuwait and Iraq, he continued these responsibilities and organized a weekly sports activity for his unit whenever possible which included volleyball, kickball, soccer, basketball, flag football, and rugby. Ricky has also coached 4th grade basketball and served as a referee for middle school recreational basketball. He has completed 3 Spartan races, 3 full marathons, 1 half marathon and 2 Peachtree Road Races. Ricky is looking forward to leading outdoor sports activities on the retreat, surrounded by springtime nature including the Blue Ridge Mountains.



JESSIE JAVORE, Artist/Step-By-Step Painting Leader

Jessie is a talented artist with an eccentric flair for creativity and a love of life. As a graduate from Savannah College of Art and Design, she used her education to teach children of all ages in painting, drawing and multi-media. At the Warsaw Ocee Art Center in Johns Creek, GA, Jessie ran the art program for two years before being promoted to director and then moving on to start her own jewelry business. Jessie's wide range of artistic abilities span from creating club flyers to creating the summer art camp curriculum for Fulton County. She's also a gifted seamstress who has sewn countless elaborate costumes from those featured in plays and musicals to the imaginative ones she sews for her family every Halloween. She currently lives in Duluth, GA with her hubby, two kids and three dogs. Jessie enjoys bringing her passion for life, love and creativity into everything she does. She is thrilled to share her talents both as artist and creativity coach by leading retreat participants in a step-by-step painting class in nature.



JESSIE JAVORE, Games Leader

Jessie is the master at explaining and leading dozens of different types of board games, and we will bring some of those along on the retreat. However, her playful nature also enables her to launch a fun game using just an imaginative spirit and a group of friends and family. You might have some of your most fun moments on the retreat while playing one of these simple yet belly-laugh inducing games with your own family and others!



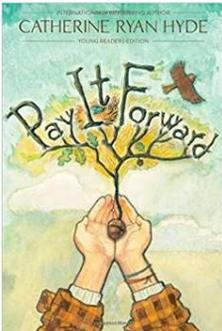
MAUDE, Henna Tattoo Artist

Kick back and relax while Maude installs a portal to the mystical on your skin. Henna tattoos have been marking celebrations since the Bronze age and the retreat is no exception! You'll need to protect your tattoo for about a half hour while it dries.



SUNNY & MAUDE, Storytime Leaders

Sunny and Maude have been reading together for over fifteen years and spend more time in stories than out. The mother-daughter duo will lead storytime, reading *Zen Shorts* by Jon J. Muth. The story is about Stillwater, the wise panda that blew into the backyard and changed everything. Kids and adults alike will enjoy these stories filled with love and enlightenment.



SUNNY, Book Club Leader

Join a book club discussion led by Sunny, who wears many literary hats. Not only is she the author of *Flopped & Found: A faery's tale and letters* (written under pen name), but she is also a public librarian and a former media specialist. **To participate in this activity, take some time before the retreat to read *Pay it Forward: Young Readers Edition* by Catherine Ryan Hyde.** *Pay it Forward* is the story of Trevor, a twelve-year-old who hatched a plan to fix the world through a social studies project.



SUNNY, Scavenger and Treasure Hunt Leader

Not only is Sunny the celebrated *Number One Finder*, she is also a pretty tricky hider. At any time during the retreat weekend, explore the nooks and crannies of the resort, seeking secret treasure from her ten mysterious clues. She has also prepared a nature scavenger challenge - with a prize!