

**Doreen Bonnet** is a SoulCollege® facilitator, a Jin Shin Jyutsu practitioner, and a doula with the Birth Sisters of Charlottesville. She is a graduate of the Southwest Institute of Healing Arts, Inner Visions Institute of Spiritual Development, and an ordained minister through Awakening Together, a universal assembly of peers dedicated to recognizing and embracing universal wisdom regardless of the form in which it appears. Her primary meditation style is awareness watching awareness.

**Ayanna Hall** is a yoga and meditation teacher, healer, ruckus maker and Therapeutic youth Counselor. Ayanna's journey with yoga has taught her how to love herself and her body. It has taught her how to unapologetically take up as much space as she chooses, and show all the way up. She teaches slow flow and Yin yoga and received her Body Positive Yoga teacher certification in 2020, completing this journey in the middle of a pandemic. Her yoga and meditation practice continues to be inspired by the work of Amber Karnes, Michelle Cassandra Johnson, Dianne Bondy, Kelley Palmer, Ruth King, and a host of others. In Ayanna's class you can expect to feel honored and welcomed just as you are. You will feel empowered, victorious, centered and grounded. Ayanna is passionate about life, mental and emotional wellbeing, caring and holding space for others, and sharing the powerful benefits of this practice both with people of color, and those in larger bodies. Practicing and teaching the messages of self-care, social justice and human rights on and off the yoga mat. Ayanna lives in Central Virginia, with her Son Blake Kristopher and daughter Bailey Starr close by. You can find her on Facebook at Yanz Hall or Meditation and Yoga for People of Color.

**Benita Mayo** RYT 200: In 2006, during one of many diet and exercise endeavors, Benita was introduced to yoga by her personal trainer. She was drawn to yoga for the physical benefits and didn't expect it would completely transform her life. She completed her Yoga Teacher training at Sol Yoga in Frederick, MD and has additional certifications in Trauma Informed Yoga and Yoga for All. Benita is passionate about holistic health, wellness and life balance, and strives to make yoga accessible to every-BODY. Benita uses her experience as both a larger-bodied yoga student and teacher to partner with her students to make classes welcoming and inclusive. Benita is a native of Virginia and received her BA from the University of Virginia.

**Mack McLellan Jr.** is a Baltimore native who moved to Charlottesville in 2016. Before moving to Charlottesville, Mack earned a B.A. in Sociology from the University of MD, College Park in 2004 and a Master's of Social Work degree from the University of Maryland, School of Social Work in 2012. In 2014, he began yoga and mindfulness training with Holistic Life Foundation, Inc. and became the Director of Outreach and Education for HLF in 2015. Mack has combined his knowledge of Social Work, Yoga and Mindfulness to serve the citizens of Charlottesville in a multitude of ways. Currently, Mack is the Mindfulness Instructor at Woodbrook Elementary School.