

Instructor	Class	Bio
Amity Alize	Belly Dancing	Amity Alize has studied Middle Eastern and Oriental Dances since 2001. Focusing on tying the folkloric and modern styles together through her own research, she travels internationally studying dance on an ongoing basis. Her mission is to empower others through performances, workshops, and classes to step out of their boxes, increase their self-esteem and positive self-image, live through the music, and most of all, just have fun and be authentically themselves. As the founder and director of Raq-On Dance, Amity has taught over a thousand people to learn Belly Dance. Raq-On Dance Studio has won multiple arts and educational awards for programming in the Northeast. Preferred to be called a mentor, she encourages her students to study with various teachers and various styles in order to find their "own dance." In 2015 she was invited to teach and perform in Cairo, Egypt, as part of the Camp Negum Dance Festival. She is the Director of the annual Shimmyathon Dance Festival and have hosted over fifty events including national and international dancers. She has written three eBooks on the business, teaching, and event management side of performing arts for dancers.
Angie Carpenter-Henderson	Felt Earrings	Angie Carpenter-Henderson is from Sharon, Vermont and is the creator of ACH Jewelry. Angie makes homemade leather, faux leather, and cork leather jewelry. Angie's main focus is earrings but does some work with other types of jewelry. She also enjoys working with wood, metal, suede, and acrylic.
Carrie Myers	Stretch & Relax, Sexy Chair Dance, Be Your Own Kind of Badass, Smash Your Scale (SYS)	Carrie is the author of "Squeezing Your Size 14 Self into a Size 6 World: A Real Woman's Guide to Food, Fitness and Self-Acceptance". She has written for many publications including Shape, Fitness, Cooking Light and Health magazines. Carrie has also been featured as a fitness expert in Better Homes & Garden, Cooking Light, Successful Living, Family Fun and SELF.
Crystal Champagne	Paint & Sip, Mug Painting	Crystal is a local craftswoman; residing in Fairlee with her husband where she is raising her two daughters. Crystal began crafting as a child, making clothes and accessories for her dolls and stuffed animals. Through high school she studied a number of fine art mediums including sculpture, water colors and charcoal drawing. Crystal teaches ballet, is a paraeducator and is working toward her teaching degree.
Donna Leduc	Pound	Donna Dorbuck describes herself as a fitness enthusiast. She rediscovered fitness when her daughter got older and a co-worker didn't want to go to a Zumba class alone. Since then, she has never looked back! Two years ago, she took the leap to become a Pound Pro. Donna believes that working out should be fun and approachable. She encourages her students to get lost in the music that drives her classes.

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Elias Sater	Soups & Stews	Born in the country of Lebanon; Elias began visiting Middlebury, VT at the age of 2. By the age of 13 he was working for his brother's restaurant and had fallen in love with food service. Elias graduated from culinary school in his native Lebanon; eventually moving to Middlebury, VT to join Middlebury Inn as sous chef then moving to running his own catering company; where he learned to enjoy bringing people together over a meal. Elias is LMR's Director of Food & Beverage.
Gerard Prevost	Cooking with Jerry	Gerard has been baking, managing restaurants and bakeries and teaching the culinary arts for over 40 years. Currently a full-time culinary instructor at the St. Johnsbury Academy, where he has been teaching a growing number of culinary students since 1990.
Hanna Satterlee	Flow Yoga & Barre	A native Vermonter, choreographer, dancer and yogini, Hanna Satterlee has been teaching yoga, dance and fitness throughout the country since 2008. Hanna holds degrees and certifications in dance therapy, psychology, dance performance, choreography, vinyassa/yin/restorative yoga, non-profit management and arts integration. Now based in Burlington Vermont, Hanna shares these passions as an intergenerational educator, interdisciplinary performer and collaborator, experimental curator and event producer, movement and mindfulness teacher, and as the Executive Director of the Vermont Dance Alliance. Hanna's classes focus on the intricacies in our anatomical structure, with a vigorous physical practice that demands mental clarity and focus. Hanna's flow and barre classes emphasize the importance of balancing strength and flexibility, how breath can give energy, and how will-power and strength can combat mental and physical illness. She works to incorporate a full body experience in each class with expressive, unique sequencing set to inspiring, rocking beats! You will leave energized and refreshed, with the confirmed belief that movement has the power to change and heal.
Jason Cann	Live Music: Jason Cann	Jason is a house favorite. He's been playing music around New England for over 25 years. He plays a wide range of popular music from James Taylor to Everlast, as well as some Country and original music. Jason is also a lead singer in the Band.
Julia Kearney	Circuit Training	Julia is a NSCA certified personal trainer. Originally from Medford, MA, but has lived in St. Johnsbury, VT for the past two years. She's graduating from Northern Vermont University - Lyndon (Lyndon State College) this May with a dual Bachelor's Degree in Exercise Science: Strength and Conditioning and Sport Management. Upon graduation, she will also be receiving her certified strength and conditioning specialist certification. Julia is a former softball player, having played and coached at Lyndon in her five years there. She hopes to someday be a collegiate softball and strength and conditioning coach or work in Major League Baseball.

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Kristy Hoff & Kerry Allen	Wood Signs	Kristy & Kerry are returning instructors. Having met more than 15 years ago, they both share the love for anything crafty. Kristy lives in Holbrook, MA with her two sons and husband. She enjoys running, spending time with her family and hosting her monthly craft nights in her home. Kerry lives in Hanson, MA and is a mother of two children.
Laurie Bergeron	Essential Oils	Laurie is a doTERRA Wellness Advocate. Having turned to essential oils four years ago to create and promote a healthy body and calmer environment during the process of divorce, she now uses them across her life. Laurie lives in Lebanon, CT with her son and is a fulltime administrative assistant to the Principal at her local school. She utilizes essential oils in her office to effect calm for staff and students, uses them in her home as household cleaners, in recipes, gifts, and much more.
Melissa Seaver	Meal Prep 101, Chili Cook-off	LMR Event Planner and lover of cooking
Nick Stryker	802 DJ	Nick has enjoyed providing entertainment for over 12 years. He is well known as a wedding DJ in Vermont, yet has traveled from the Outer Banks in North Carolina to the seacoast of Maine, as well as NY, NH, and CT and all the places in between by request. He'll bring a photo booth, so stop by for a great souvenir of your evening.
Paula Jacobs	Zumba	Paula is a certified Zumba instructor from Connecticut. She's a returning instructor - too much fun with the Ladies.
Shelly Drew	Readings	Shelly is a local healer and Intuitive who has been practicing in Newbury, VT for over 14 years. As a healer she has studied in the art of Reiki and is a Reiki Master Teacher. Teaching and sharing her gifts with many. She uses her gifts of intuition to guide and bring clarity. Shelly is a natural intuitive working with her connection to God and her Angels. A session with Shelly will bring guidance and healing on many levels.
Taylor Kelly	Strong by Zumba	Taylor Kelly has taught group fitness for 12 years, and teaches a wide variety of formats. Her favorite formats to teach are Zumba fitness and all of the Zumba specialties, Strong by Zumba and Barre Fit classes. Taylor took her trainings with the creator of Zumba as well as the lead master trainer of Strong by Zumba and works really hard to make classes fun, challenging, and empowering. She has many years of experience as an instructor and loves sharing her passion for health and wellness with others. Taylor recently went back to school as a full time student in pursuit of her degree in nursing. She finds her inspiration in the strength and determination of her clients. Her favorite quote by Michael Jackson is "To live is to be musical, starting with the blood dancing in your veins. Everything living has a rhythm. Do you feel your music?"
Vicky Maryou	3D Cards	Vickie has been coming to Ladies Getaway for years. One year while here, she took a class on card making and discovered a new hobby. Since that time she has perfected her skills so she no longer buys any cards. Outside of card making, Vickie has a career in the hospitality industry.