

Presenter Biographies:

[Roger Gabriel](#), Master Educator at the [Chopra Center](#), was born in Liverpool, England, and spent his formative years in the United Kingdom. He first learned meditation there in the early 70's, which instantly became his passion and he soon trained to be a meditation teacher under Maharishi Mahesh Yogi.

After moving to the US, Roger began studying Ayurveda the ancient Indian system of healthcare. In 1985, while helping to establish centers for Ayurveda and meditation, he met and became friends with Deepak Chopra. Since then, Roger has assisted Deepak with numerous training programs, seminars and workshops, taught thousands of people on all continents to meditate, and assisted in training hundreds to be teachers of meditation, Ayurveda and yoga.

Roger has been blessed to meet and study with great teachers in India and the West and has traveled extensively in India. He incorporates much of what he has learned in his practices and teaching. In 2006, Roger received his spiritual name Raghavanand from Shree Satuwa Baba Maharaji of Varanasi, India.

As time permits, he involves himself with charity programs in India and takes like-minded seekers on tours to some of his favorite pilgrimage sites there. Roger currently serves as a Chopra Master Educator, member of the Chopra Center Certification's Advisory Board, and teaches regularly at Chopra Center workshops, seminars and teacher training programs. When not traveling, he lives in Encinitas, California.

[Kim Bateman, Ph.D](#) Executive Dean of the Tahoe-Truckee Campus of Sierra College, is known for her engaging and entertaining presenting style. These skills earned her teaching awards at both Sierra Nevada and Sierra Colleges, as well as several notable keynote addresses. She's delivered presentations at many conventions, including the International Bereavement Conference, 10th Global Conference on Dying and Death, American Association of University Professors, Western Psychology Association, and Rocky Mountain Psychological Association. She delivered a keynote address to the City College of San Francisco and was the featured speaker at the California Community College League Conference. Dr. Bateman has facilitated workshops entitled "GriefWork," "DreamWorlds," and "The Transformative Power of Myth." Dr. Bateman's research interests include bereavement, humor, and organizational psychology and has presented 64 projects at regional and national conferences. Click [here](#) for more information on Kim.

[Stephenie Riley, ND](#) understands the importance and benefits of eating well, living well and being well. To that end, she has infused this healthy approach into her everyday life and medical practice. She began her medical career in the conventional approach to healing, graduating from the University of Florida with a B.S. in Engineering and spending nearly a decade designing medical devices. Yet her pursuit of optimal health led her back to graduate school in 1999 to become a Naturopathic Doctor. It was a combination of her experience in the classical medical industry combined with a desire to understand the healing powers of alternative medicine that inspired her to explore healthcare from a different perspective. Dr. Stephenie's career path came full circle when she graduated from Bastyr University in 2004 with a Doctorate of Naturopathic Medicine (N.D.), specializing in environmental medicine, or the impact of our environment on our health. As a leading Naturopathic Doctor practicing in Truckee, California, Dr. Stephenie welcomes both new and returning patients to her office at High Sierra Natural Medicine. Click [here](#) for more information on Dr. Riley.

[Whitney Rogers PT, DPT, ATC](#) graduated with her Doctorate of Physical Therapy from Regis University. She incorporates the use of education, exercise, manual therapy, and functional and sports specific training into the treatment of her patients. She is passionate about the prevention, treatment, and rehabilitation of injuries in athletes and weekend warriors, but also enjoys helping those with chronic pain, balance, and vestibular impairments. While in school, she focused her individual research on the effects of pain-related knowledge following pain neurophysiology education on fear and function in patients with chronic pain. She has also done research to develop a model for aquatic programs in rural communities for patients post total knee replacement surgery. Whitney grew up in Vail, Colorado, and loves exploring

the outdoors of the Tahoe area. She enjoys running, skiing, cross country skiing, hiking, and spending time with her husband and newborn son. Click [here](#) for more information on Whitney.

[Karin Sable, LMFT](#) earned a MA in counseling psychology from the Wright Institute in Berkeley, California and trained at Sierra Mental Wellness Group (formerly Sierra Family Services) where she worked with a very diverse population of patients. Her experience continued to grow as she helped children, couples, families, and cross-cultural counseling. This position offered her experience working with a variety of area agencies, schools, non-profit organizations and medical professionals. In 2009, she started her own private practice. She specializes in trauma-focused counseling and cognitive behavioral therapy to treat PTSD, anxiety, mood disorders, relationship issues and phase of life challenges. Karin grew up on the north shore of Tahoe. In addition to her work, Karin is very involved in search and rescue as a K9 handler. While her work is a passion, she also considers herself a Tahoe enthusiast with a particular love for backcountry skiing, mountain biking, and swimming in the lake as well as a fascination with animals and fish. Click [here](#) for more information on Karin.

[Jennifer Newkirk, RD](#) Jennifer Newkirk, RD worked for 9 years with the San Diego Fire-Rescue Department as an ocean lifeguard and Emergency Medical Technician. In 2011 she decided to change gears and pursue the professional field of nutrition to become a Registered Dietitian. After completing her Bachelor's of Science in Food and Nutrition at San Diego State University and clinical internship at the University of Nevada, Reno, it was time for her to trade the ocean for the mountains. In 2015 she moved to Lake Tahoe. Jennifer currently works in the Intensive Care Unit at Carson Tahoe Regional Medical Center. She is also a consultant at a variety of healthcare organizations and provides one on one nutrition & weight management counseling for parents and children within the WIC program. Outside of work, Jennifer enjoys the luxury of Tahoe-living: cooking, back country touring, hiking, swimming and trail running. Click [here](#) for more information on Jennifer.