

TAMMY L. SAUSA, LCSW

Mental Health Therapist - Author



Tammy Sausa is a licensed clinical social worker (LCSW), mental health therapist and the proud owner of A Therapy Life Center, LLC. Tammy treats adolescents, adults and families who deal with a variety of mental health and behavioral challenges. Her passion for helping people reach their greatest potential is what fueled her to write the book *Lessons from the Listening Lady - Adolescents & Anxiety - A family guide to making the mind, body and spirit connection*.

She encourages her clients and readers to go beyond their limitations and truly make the mind, body and spirit connection to live their best life. Tammy believes that treating the core problem and not just the symptoms of the issue are fundamental to ensuring treatment will be effective long-term. Using a cognitive behavioral approach, Tammy helps clients make a connection between thoughts, feelings and behaviors while changing the core beliefs that hinder their ability to be their most authentic self. She believes that spirituality is the missing link and provides her clients and readers with the tools they need to create a positive lifestyle change. Incorporating such things as gratitude, positive affirmations and forgiveness into your daily living makes an impact on each family member's overall mood and behavior. She teaches you how to quiet your mind, the importance of living in the NOW, how to surrender and have FAITH that life is as it should be. Tammy shares her own story and experiences with anxiety in order to reach the most people and guide them to healing.

Offering: Presentation | Limiting Beliefs (free | Included in your admission ticket)

To learn more about Tammy's private practice, and her book click the link below:



www.atherapylifecenter.com

[Buy on Amazon- Lessons from the Listening Lady](#)

BEATRIZ WAWRA, LCSW

Be Well Therapy Center | Founder and Therapist



Beatriz Wawra is a licensed clinical social worker (LCSW), and mental health therapist in New Jersey. She is the owner of Be Well Therapy Center and TEDx talk speaker. With over eighteen years of experience, working with individuals, couples and families experiencing difficulties due to depression, anxiety, trauma, anger, stress management and mood disorders.

Her good-humor and carefree personality creates a safe therapeutic environment where clients feel at ease to explore, understand, and move forward with confidence and acceptance. Beatriz helps her clients gain a greater understanding in how their thought patterns and limiting beliefs stop them from being their best self.

Beatriz integrates various modalities such as solution focused, cognitive behavior therapy and spirituality with the purpose of creating the most ideal situation for growth and healing. Her professional background includes leadership in social movements, policy, advocacy, and community organization. Beatriz enjoys spending time with family, her dog Milo, friends, traveling, volunteering and dancing.

Offering: Presentation | Hope and Healing (free | Included in your admission ticket)

To learn more about Beatriz and her private practice click the links below:



[Beatriz Wawra - TEDx talk](#)

WWW.bewelltherapycenter.com

Email: beatrizwawra@bewelltherapycenter.com

Cell: 201 893 4796

IG: @be_well_therapy_center

JOYCE MARTIN

YOGAMOMMI | FOUNDER



Joyce Martin is the founder of yogamommi, a studio that offers busy individuals with family lifestyles an opportunity to connect with yoga. Joyce's transformative experience with yoga began in 2003 while working at an investment bank, attending classes at a small studio next door. This is where she discovered breathe with movement.

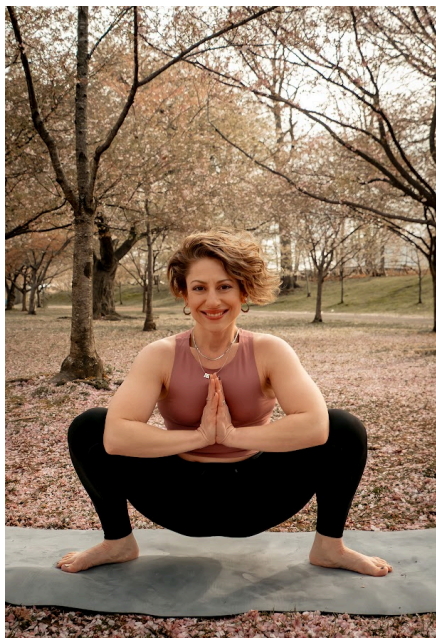
In 2018, Joyce received her RYT-200 at LifePower Yoga. Joyce's training in Vinyasa, Ashtanga, Yin, and Restorative yoga has helped her lead various types of classes. Her workshops are profound,

ranging from "Mother and Daughter" yoga, "Dealing with stress and anxiety" to Chair yoga. Joyce has led meditation and breathing techniques classes, led yoga classes with troops from the Girl Scouts of America and Sisters from Women's Cornerstone.

Offering: Yoga sessions offered throughout the day (free | Included in your admission ticket)

ALIGNED HEART YOGA & SELF CARE

SAMANTHA LONG | FOUNDER



I'm Sam! I am a trauma-informed yoga instructor (RYT 500), Somatic Coach and the Founder of Aligned Heart Yoga & Self Care. I specialize in trauma informed yoga, intuitive movement, nervous system regulation, and somatic movement and breathwork. I'm also a self-proclaimed "geek" about all self care practices that help regulate the nervous system and improve our physiology, including somatic experiencing and vagus nerve health. As a self care guide, my #1 goal is to help you live more authentically and fulfilled. We use body-based and spiritual self care to promote authentic self expression.

My approach integrates mindset coaching, spiritual guidance and somatic healing to support students and clients, as they re-establish connection to their true nature, as well as their purpose and desires. My offerings include private yoga/meditation/breathwork sessions and educational workshops for individuals, small groups, and organizations. I also work one on one with women who struggle with anxiety, depression, chronic pain, or addiction. When I am not teaching or with my kids, you can find me singing with my cover band, Sam & The Fridays. If you'd like to get to know me better, give my YouTube show and Podcast a listen, Self Care Is My Job. Or feel free to visit my website and book a FREE discovery session!

Offering: Somatic guided meditation (free | Included in your admission ticket)

Access Bars™ Sessions, which consists of gentle touch and massage to points on the head and neck that can reduce both physical and emotional tension in the body.

Mini Somatic Coaching sessions (one on one), which is a mix of mindset and thought work, spiritual guidance and somatic (body based) awareness with the goal of reconnection to your authentic Self.

Offering: Somatic Coaching/Access Bar sessions | 30mins - \$40

For more information: www.ALIGNEDHEART.NET | INSTAGRAM @THE_ALIGNED_HEART

ELIZABETH RIGER IGIELSKI

Oneness Healing | Owner



Elizabeth is a licensed massage therapist trained in medical massage, as well as a reiki master teacher and yoga instructor. As a graduate of the American Institute of Alternative Medicine, she is a dedicated massage therapist known for her intuitive touch and deep understanding of the body-mind connection. Elizabeth's goal is to help her clients achieve balance and relieve pain and tension, allowing them to live their lives to the fullest. Her compassionate nature and commitment to ongoing learning and professional development make her a trusted and respected therapist among all clients and colleagues alike.

Offering: Chair massage, Sound healing, Reiki boost and crystal alignment sessions
10-min \$20 | 15-min \$25



Certifications:

- New Jersey State Board of Massage Therapy
- Sports Massage
- Lymphatic Drainage
- Trauma Massage
- Prenatal Massage
- Neuromuscular Massage
- Trigger Point Massage
- Reiki Master Teacher
- Sound Healing Practitioner two
- Oncology Massage
- Yoga instructor 200hr

To learn more about Oneness Healing, LLC please visit: www.oneness-healing.com

YOLANDA GONZALEZ, LCSW

The Holistic Counseling Center | Founder and Therapist



Yolanda Gonzalez is a Licensed Holistic Psychotherapist and founder of The Holistic Counseling Center. Yolanda offers individual one on one counseling to adults guiding them through life changes and challenges. Her counseling consists of talk therapy and education about how our bodies communicate with us through physical and emotional symptoms. Once her clients identify how their body and mind are working together, they then practice simple techniques to help calm the nervous system so that the body and mind are in alignment with her client's goals.

As a result, her clients become empowered and confident to make changes that help them break unhealthy habits. This allows them to improve their lifestyle and relationships.

Yolanda also hosts live and virtual workshops and healing circles, and most recently guided an off-Broadway audience through a healing session.

Offering: Vendor- Sale of spiritual boxes and other items

*****Closing Ceremony grounding healing meditation (free | Included in your admission ticket)**

For more information and to connect with Yolanda please visit her

website: <https://theholisticcounselingcenter.com>

Email: yolanda@theholisticcounselingcenter.com

Sandra Senior

Irie Salon & Spa | Founder



Sandra Senior, founder of Irie Salon and Spa is by profession a fashion designer, cosmetologist, massage therapist, and a health and wellness coach. She has been in the fashion, beauty, health and wellness industry for more than 30 years and trained at the Fashion Institute of Technology (FIT), the Swedish Institute of Technology, the Parisian Beauty Academy, and the Institute for Integrative Nutrition. Massage techniques and training learned in Asia enhances Ms. Senior's repertoire of therapy and beauty treatments.

As a licensed cosmetologist and massage therapist, Sandra Senior says she conceived the idea of offering multiple beauty services based on her own needs as a busy working woman.

Ms. Senior, who is a veteran in the fashion, beauty and spa industries, states "I personally found that as a busy woman in the corporate world, self-care

was needed. However, I also recognized that stress relief and management are necessary for the soul, so indulgence in a spa treatment or two is necessary." The concept of Irie Salon and Spa was born.

Irie Salon and Spa is a space to relax and rejuvenate, and to take care of your beauty needs.

Other services Ms. Senior offers in addition to her spa treatments and health coaching includes events and collaborations in health and wellness workshops, yoga, and meditation. As we moved into the pandemic Ms. Senior has extended her offerings online. Virtual spa days and mindful retreats are available to individuals and corporations to help manage stress and reduce anxiety.

Now THIS IS 50! And while on her menopause journey Ms. Senior became a menopause doula. The goal is to inspire and empower mid-life women, like herself, to improve and prioritize their health and wellness, and therefore improve their quality of life.

Our mission @ Irie Salon and spa is to touch, heal and inspire each client.

Offering: CBD Massage

To learn more about Irie Salon and Spa please visit: <https://linktr.ee/iriesalonspa>

Follow on Instagram: @iriesalonspa

NANCY BRODERICK

HOLISTIC PRACTICE PHILOSOPHY



Karma Love Healing offers professional and individually tailored massage skin care, Reiki, Angel Card Reading and One-to-One Intuitive Coaching.

Nancy has over 30 years of practice and is a tri-skilled licensed practitioner in massage, energy work and esthetics and a Master Certified Professional Coach. Developing her signature style of therapeutic treatment, she utilizes Reiki and her natural gift of energy healing through her Chakra balancing services. Her unique style integrates training in several Western and Eastern modalities including Swedish, deep tissue and Trigger Point style massage, myofascial and connective tissue release, Shiatsu, Craniosacral

Therapy, Reiki and Cupping practices. She believes we all contain the innate capability to heal and uses an intuitive approach to create the ideal environment for your body to unwind. Through compassionate and careful listening, she addresses physical and energetic issues, gently ushering your body toward its own natural healing abilities and opening up the potential for deep releasing of all kinds. Nancy strives to make each session on her table meaningful for your life that day, guiding your body toward peace, balance and relaxation.



Offering: Angel Card Reading -15 mins for \$30

To Schedule: karmalove20@gmail.com / 201 323 1218

For more info: www.karmalovemassagetherapy.com

TIMOTHY ARCULLI

ENERGY HEALER AND TEACHER



Heal your body and improve performance by optimizing your natural energy flow.

Timothy is a Qigong instructor and energy healer, who will work with you to pinpoint disruptions and energy blockages to encourage healing and alleviate ailments.

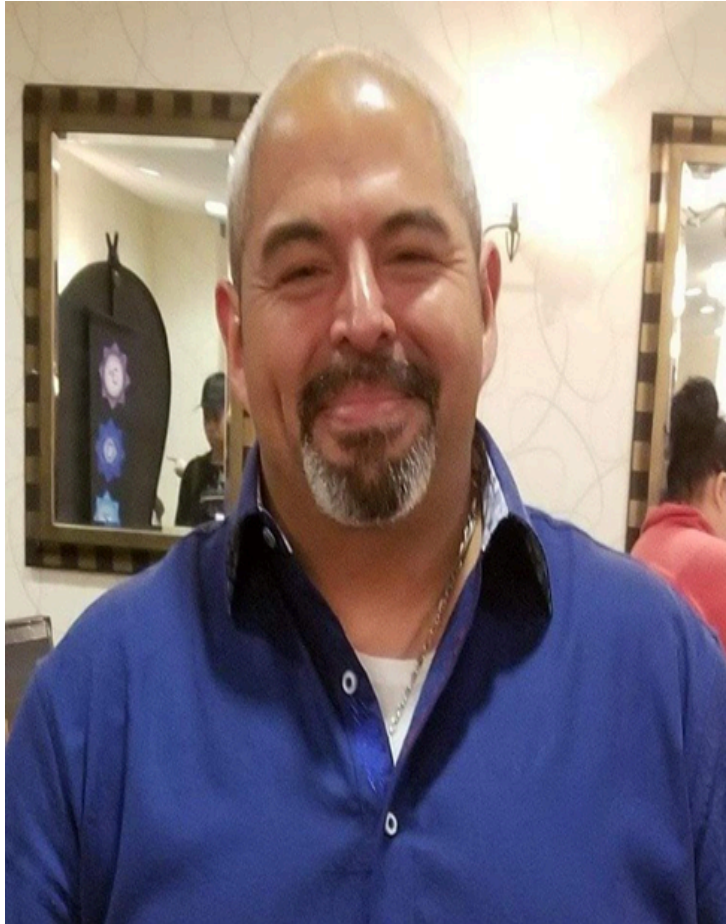
Drawn from years of his own practice, intuition, and training with multiple teachers and masters across the US and Hong Kong, he has developed his own unique system which helps to efficiently encourage conditions for healing intended to assist with problems such as discomfort, arthritis, range of motion issues, anxiety and overthinking just to name a few. Along with your healing session, he will give you quick and simple techniques to do on your own, putting the power to heal back in your hands.

Offering: 10 minute "express" energy healing sessions for \$20

20 minute mini energy healing sessions for \$40

ROLAND BUDDHAHAWK

BUDDHAHAWK HEALING



Doing energy work is something I have done since I can remember. I have been on this journey my entire life. It has taken me a little bit to finally get here but, I'm very happy that I have. I am a Reiki Master as well as being certified as a Basic IET (Integrated Energy Therapy) practitioner. I blend what I have learned with healing modalities and what I have been doing naturally to me since I was young. I call what I do "Purification Healing®" because I see fire energy of different colors that helps to "burn away" or "transmute" that may no longer serve you.

I wish you well on your path and I hope that our paths cross so I may have the opportunity to see who you are and maybe help bring that person out within you.
In Love and Light.

Offering: Healing Sessions; 20 mins for \$40
to schedule, email buddhahawkhealing@gmail.com

DANIELLE BLACKMORE

PSYCHIC MEDIUM



Danielle is a psychic medium who taps into the vibration of love and compassion to share messages that serve your highest good.

Danielle has developed her own style that blends sugar skull tarot cards and mediumship to invite your ancestors, loved ones, guides, and higher self to come through to get the answers you need.

Danielle's readings are always light-hearted, down-to-earth, and leave you feeling ready and able to make the changes necessary in your life!

Offering: 15 min reading for \$30 / 30 min reading for \$40
To schedule with Danielle: blackmd23@gmail.com

SUE ANANIAN

Energy Healer | Celtic Shaman | Spiritual Teacher



I'm Sue and I was the kid that saw things that others didn't. I saw people, auras and dimensions that the people around me didn't see or could not explain. Growing up I also felt the emotions and struggles of people around me and at the time the word "empath" didn't exist. At 19 I developed a mysterious and crippling disease overnight where my joints (elbows, knees, ankles and wrists) became swollen and painful to the point I was completely disabled.

I began my journey through the traditional medical system. Little did I know then that I was actually experiencing a "shamanic death" which was propelling me to find my life's purpose.

I began traveling around the world for knowledge, understanding and healing techniques for myself and years later, for others that would come to me for healing work.

Today my life's purpose is to help people discover and step into their full potential. To accomplish this, I provide customized healing sessions for each person to help eradicate pain, fears, imposter syndrome and blockages that keep people from living their best lives.

I was invited to study and then initiated within the The Western Mystery tradition 23+ years ago, traveling to Japan 22 times, Toronto 4 times a year for 18 years and continuing my studies with my master teacher still. And with his blessing, I teach this to others; in particular, transformational entrepreneurs, leaders, changemakers, teachers, healers and people who think outside the box and are ready to discover their superpowers.

I am an initiated energy healer, spiritual teacher, high priestess and Magus Hermeticus. My childhood gift of "seeing" has been honed to see where you are stuck, where you hold yourself back from living your best life. Another way to think of me is this - I am the magician behind the curtain. I move energy and when your energy changes, so does your story.

Offering today: your choice of 9 Crystal Healings, 3 Magickal Rites, 3 Crystal Readings and 1 card Tarot Readings *20 minutes for \$25

For more info Email: Sue@SoulfullyYouWellness.com

Location: Ridgewood, NJ

VIRGINIA (GINNY) MATAS

Reiki Energy Healer, Intuitive Tarot & Oracle Card Reader



Whether through Intuitive Tarot Readings or Reiki, Ginny's genuine and heartfelt approach sets the intention of serving her client's Highest Good and providing them with the healing and clarity they seek.

As a lightworker and a wayshower, she believes in working solely in the light. She relays all insights, guidance, & messages with the spirit of love and compassion, in a safe space free of judgements. She places great importance on doing her work honestly and with integrity.

Embrace the opportunity to experience her Divine connection to Spirit and see what messages Spirit has to share with you. Or allow the incredible healing energy of Reiki to course through your entire being, releasing

that which no longer serves you and leaving you feeling cleansed, refreshed & perhaps a little bit raw.

Ginny has felt a deeply rooted call towards Tarot, Energy Healing, and all things Spiritual from a very young age. Reading Tarot as a child, a teen, and then rediscovering it as an empowered adult and embracing it full heartedly, Ginny now offers a variety of classes and services both independently and through the Montclair Psychic School in Clifton, NJ.

She also offers a variety of Reiki Infused Healing Stones & Hand-Made Jewelry.

Offerings: \$60 / 20-minute Tarot, Reiki Session, or Egg Cleanse
\$20 / 5-minute Smudging (with Sacred Sage)

Payment Accepted: Exact Cash or Zelle preferred

Schedule by emailing Ginny at: SoulTribelInnerHealing@gmail.com

Subject Line: Summer Festival

JENN CASELLA

Soul Remedy Wellness | Owner



Jenn Casella is the owner of Soul Remedy Wellness located in Englewood, NJ.

Soul Remedy Wellness offers a diverse array of services such as in person and distance reiki sessions, red light therapy, chakra cleansing and cannabis education. Jenn's profound passion lies in supporting medical cannabis patients particularly focusing on holistic remedies tailored to those battling cancer.

Through her compassionate approach, Jenn fosters a space where individuals can embark on their path to well being with support and guidance.

Offering: Reiki- 20 mins for \$30

Contact: soulremedywellness@yahoo.com
IG @ soulremedywellnessnj

ALEXANDRIA AND DR. ZAZU

Sacred Womb Healing and Rediscovering Your Path to Pleasure

Join us for a transformative 30-minute session designed to awaken and heal the sacred energy within your womb. This experience combines the powerful practices of Reiki, breathwork, crystals, and sound healing to guide you on a journey back to your true essence and pleasure.

Reiki: Harness the gentle, yet profound, healing energy of Reiki to cleanse and balance your womb space, releasing any blockages and restoring harmony.

Breathwork: Engage in deep, intentional breathing techniques that connect you to your inner self, promoting relaxation and heightened awareness.

Crystals: Utilize the vibrational energy of carefully selected crystals to amplify your healing process and support the rejuvenation of your womb.

Sound Healing: Experience the soothing sounds of healing instruments that resonate with the frequency of your womb, creating a serene and nurturing environment for your journey.

This sacred session is an invitation to reconnect with your feminine power, embrace your sensuality, and rediscover the pleasure that lies within you. Step into this sacred space and allow yourself to be guided towards a deeper understanding of your womb's wisdom and the joy it can bring into your life.



Alexandria Peñón is a certified Reiki Master and womb priestess trained in Avalon (Glastonbury, UK). She also holds a Certificate in Medicinal Plants from Cornell University exploring herbalism. Currently, Alexandria is learning more about the ancient Indian medical practice of Ayurveda and studying to be a postpartum doula, exploring how it can apply to all that she has already learned and studied.

Dr. Arántzazu Cioce is a Doctor of Physical Therapy, specializing in Women's Health and Healing through reconnection of the mind, body and spirit. Being able to bridge the gap between

science and spirit, Dr. Zazu focuses on going deeper with her clients to uncover the physical symptoms that require deeper emotional and energetic healing in support of the whole woman. Creatrix of Phoenix Physical Therapy, she sees clients in her Woodcliff Lake, NJ office and virtually for support of people who are having issues with leaky bladder, pain with sex, preparing for pregnancy and postpartum, and the perimenopause and menopause transition.



Offering: 30 minutes session for \$55

JOCELYN CICCOLELLA, LMT

Reiki Practitioner | Medical Massage Therapist



Jocelyn is a National Certified Medical Assistant (NCMA) Certified Instructor and a Medical Massage Therapist. Passionate about energy work, Jocelyn is a Reiki practitioner and a Manual Lymphatic Drainage (MLD) practitioner. Jocelyn is also a Wood Therapy practitioner and the creator of “The Power of Hands” logo.

Offerings:

- Chair massage \$ 1 per minute
- Manual lymphatic drainage of the face
- Reiki
- Sale of t-shirts and hoodies with the Power of Hands logo

For more information or to schedule with Jocelyn: 201 951 5613

MILAGROS SIMON

Sound Therapy



Milagros is NYC based yoga guide, sound Therapist & reiki practitioner.

It's Milagros's belief that every being desires to be in a state of harmony & peace & through the cultivation of practices like mindful movement, meditation, & breathe; we allow the inner intelligence of our biodynamic systems to re-attune to our natural radiance & genius. Over the years these essential tools & practices have acted as a powerful guide or roadmap back to center.

Each time imparting insight, growth, & wisdom, learning to navigate life's ebbs & flows with ease & grace. It is her wish to inspire, reinvigorate, & empower people with her experiences. Challenging them to play & invoke their child like curiosity in an intelligent, creative, & carefully curated space. Leaving you with functional tools to weave & become a co-creator in the dance of life.

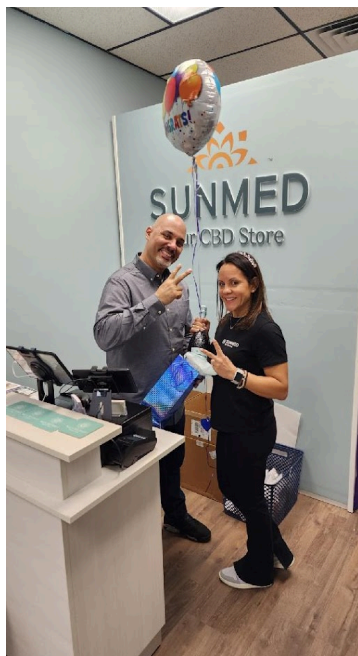
Offering: \$25 per person – 3 sound therapy sessions offered throughout the day with a max of 20pp (40 min. sessions)



SUNMED YOUR CBD STORE

ROBERTO & TONI | OWNERS

SunMed Your CBD Store is America's largest brick-and-mortar CBD chain. Sunmed is our premium, hemp-based line of wellness products.



Roberto and Toni are the proud owners of two SunMed Your CBD Stores in Bergen County, Rochelle Park opened November 2021 and Hackensack opened November 2023.

The line of Sunmed products were created with the goal of changing people's lives. We are people helping people live better lives every day. We believe in a commitment to good science, openness and simple human kindness.

Think of us as an ally on your personal wellness journey. We are here to help you navigate the benefits of premium CBD products, explore new ways to feel your best, and make every day better than the last.

Toni's personal journey led us here and we are loving the connections and friendships we've created not only with our customers but with the communities and other small business owners as well.



SunMed Your CBD Store Rochelle Park
442 Rochelle Ave, Rochelle Park NJ 07662
201-267-6854
shopnj568@getsunmed.com
[Rochelle Park Instagram](#)
[Rochelle Park Facebook](#)

SunMed Your CBD Store Hackensack
109 Main Street, Hackensack, NJ 07601
908-504-0603
shopnj640@getsunmed.com
[Hackensack Instagram](#)
[Hackensack Facebook](#)

Timeless Pressed Designs

Maria Penafiel | Owner



My name is Maria, I'm the soul behind Timeless Pressed Designs.

I believe flowers are amazing conductors of feelings and emotions. Pressing and preserving them allows me to keep their essence through time. I started my small business with the hope to share a little bit of beauty and kindness with others!

I specialize in natural flower pressed framed designs, resin jewelry and accessories, mini dry flower bouquets, home decor, bridal bouquets preservation, memorial keepsakes, among other special gifts. All handmade with love.

Follow me on Instagram: @Timeless.presseddesigns

Visit my Etsy store at <https://www.etsy.com/shop/timelesspd>



Serenety By Rene: "A Fresh Breath of Vitality"

Rene Hajjar | Owner CEO



Nourishing Your Body, Empowering Your Life!

Welcome to Serenity By Rene, where nature's bounty meets holistic wellness. Founded by Rene Hajjar, I'm on a mission to redefine self-care through the power of wild-harvested Sea Moss Gel infused with organic fruits and herbs.

At Serenity By Rene, I believe that true vitality begins with embracing the gifts of nature. My Sea Moss Gel isn't just a product; it's a testament to the transformative potential of natural supplements. Handcrafted with love, each pouch, jar, and on-the-go pack is a testament to my commitment to quality and your well-being.

My journey began with a simple passion—to harness the potency of Earth's offerings to help others thrive. Through Serenity By Rene, I've embarked on a mission to spread the gospel of holistic living, one spoonful of Sea Moss Gel at a time. I'm more than just a brand; I'm a community united by the belief that genuine wellness

begins from within.

Join me in embracing a life of fulfillment through nourishment. Serenity By Rene is more than a product—it's a lifestyle. It starts with you, it starts with me, and together, we're nurturing a legacy of wellness, one jar of Sea Moss Gel at a time.

Welcome to a journey of self-discovery, empowerment, and above all, Serenity.

Follow me on Instagram and Facebook: @serenitybyrenellc

Place your orders via the link in both bios | Website is in the works



Serenety By Rene "A Fresh Breath of Vitality"

Rene Hajjar | Owner CEO

973-767-4910

serenitybyrene@hotmail.com

Anum Anwar

Henna | South Asian Jewelry



Hello, beautiful souls!

I'm Anum, a proud member of the LGBTQ+ community and a passionate vendor at this Summer Festival of Self-Love, Hope and Healing.

I bring you exquisite South Asian jewelry, each piece telling a story of tradition and beauty. Alongside, I offer enchanting henna services, adding a touch of artistry to your self-care journey.

Let's celebrate love, diversity, and self-expression together!

For more information and to connect with Anum:

Follow on Instagram: [@anuma100](#)

Email: anumanwar0618@gmail.com

AMBnaturespace

Ann-Marie Bossong | Artist | Founder

Floral | Animal | Nature



As women, we offer so much of ourselves to others. We balance careers and caregiving to both younger and older family members, often leaving ourselves last in finding small joys around us. Finding healing in the beauty of nature allows a chance to reset and recharge both mind and body.

The purpose of my brand is to provide items featuring my artwork of florals and whimsical animals that can give a moment of joy and peace as you go about your busy days. Incorporating bright colors, humor and

feminine designs in comfortable and useful items can give a mental mood lift every day to ourselves and those around us. My products include clothing, accessories, home decor and cross stitch patterns showcasing my original artwork in watercolor and colored pencil.

I have been upscaling to a sustainable print on demand model which allows each order to be produced for the individual customer, thus eliminating waste in unused inventory. My store and gallery are meant to give some small space in your day for nature. It is our “nature space”.

Shop the Online Store: <https://www.etsy.com/shop/ambnaturespace>

Contact: AMBnaturespace@gmail.com

SPONSOR and VENDOR

KRISTIN BENANTI

Digital Designer & Shop Owner | Bella Faith Designs

Instagram: [@bellafithdesigns](https://www.instagram.com/bellafithdesigns) | Facebook: [bellafithdesigns](https://www.facebook.com/bellafithdesigns) | Email: info@bellafithdesigns.com



Hi, I'm Kristin - the proud owner of [Bella Faith Designs](https://www.bellafithdesigns.com), a Digital Design and Custom Shop. After graduating art school in 2012, I started a print & web design business where I offer digital and print solutions for both personal and business (*e.g. custom invitations, posters, flyers, banners, and dynamic QR codes*).

Since 2021, Bella Faith Designs has expanded into an online shop where I offer custom-made and personalized items like homemade aromatherapy candles, hand-crafted soap, natural skincare like balms & salves, crochet items, and much more.

[Visit Shop](https://www.bellafithdesigns.com/store) [bellafithdesigns.com/store](https://www.bellafithdesigns.com/store)



MEET OUR SPONSORS 2024

ANNA GASSIB

A Stable Life- Bergen Equestrian Center | Founder



Anna Gassib

Founder & Executive Director

**Equine Facilitated Life Skills Programs for
Individuals, Families & Groups**

Partner with Agencies

Weekly Meditation Program for General Public

For More Info:

bergenequestriancenter@gmail.com

201.336.3370

KATHY ACOSTA, LCSW

HERO Counseling Center | FOUNDER



Hi! I am a NJ- based licensed therapist. I am a first-generation Latina and I am passionate about empowering other first-generation adults. I understand the importance of healing from generational and unspoken trauma. Breaking down barriers and being the first to reach certain accomplishments can be exciting but also very exhausting. Our layers and experiences matter!

Much of my work is centered around trauma, working with survivors of interpersonal violence, domestic violence, sexual abuse, and intergenerational trauma. After experiencing something traumatic we often feel lost, hopeless, and can sometimes blame ourselves.

I bring my expertise in trauma and mental health to help you process your feelings and heal.

My approach is relational, culture inclusive, holistic, strength focused, and trauma informed. I also use EMDR and Brainspotting (BSP) as tools to process trauma. Clients would describe me as energetic, non-judgmental, direct when needed, authentic, and positive.

HERO  **COUNSELING
CENTER**

HOPE | EMPATHY | RECOVER | OVERCOME

LISA CLEAVER | FOUNDER

Release Yoga Studio



Owner – Lisa was born and raised in New Jersey. She was first introduced to yoga at 18 years old at a local yoga studio that she attended. She gravitated towards the sense of being present and enjoyed the connectedness she felt on the mat. She carried yoga with her throughout her years; taking a class here and there, all while being a 4th grade teacher for 10 years, getting married and growing her family.

After having her second child and leaving her job as an educator, Lisa passed a yoga studio down the block from her house for about a year before finally dusting off her yoga mat walking into the studio.

Lisa then became a regular at classes throughout the wonderful studios of Bergen County. While deepening her practice and learning as much as she could about the poses and origins of yoga, Lisa found out about Juluka offering a 200-hour teacher training. She had just applied for a Master's program, but after much deliberation, decided that yoga was where she wanted to put her time and energy. Thanks to the supportive guidance of Mandy Grant and Soo Yoon, Lisa gained so much insight, joy, understanding and community.

Lisa looks at yoga as a way to relieve stress and a physical workout. Lisa enjoys designing creative flows and sequences in her classes with the intention of leaving her students feeling challenged AND successful. Lisa has found that her personal yoga practice has grown from a physical practice on her mat to a practice that

impacts
her life in
every
way.



Release
yoga studio

Dr. James Adrian Wright Chief Executive Officer | SOREVNA



Dr. Wright first developed Sorevna® to aid in the management of common underlying skin problems that contribute to various foot conditions. With a history in molecular biology, Dr. Wright was a Vanuaken Scholar at the University of Oxford and later accepted into Harvard University for his graduate training. His background in medicine and clinical research helped foster the platform for redesigning cosmetics in a safe, all-natural way. Initially, Dr. Wright designed creams for his patients to address certain issues. With years of positive results, the reputation of Dr. Wright's foot creams rapidly spread into surrounding communities and

small businesses. The foot creams were so effective that Dr. Wright received requests for a similar product to manage dry hands. Shortly thereafter, Sorevna® was born.

Dr. Wright's goal to create a line of safe skincare products started with a simple observation: very few creams on the market were free of harmful preservatives. Additionally, the careless formulation of certain skincare lines harmed the good bacteria of the skin without addressing the underlying issue. Dr. Wright understood that maintaining moisture on the skin requires that the skin is healthy. It is not enough to just apply a moisture barrier to the skin. Combining eastern and western medicine techniques, Dr. Wright designed a holistic, simple, but effective cream line that helped to soothe, repair, and restore the skin on the hands and feet.

Sorevna's® unique, all-natural creams were formulated by J. Adrian Wright, DPM, MS, a foot and ankle specialist with a background in dermatopathology.

<https://www.sorevna.com>

PO Box 105 | Saddle River | NJ 07458 help@sorevna.com



Brett Thompson

CORCORAN Infinity Properties



Over the course of two decades Brett has served a wide range of real estate clientele, representing transactions for residential homes, multi-family units, commercial investment properties and corporate facilities. His well-rounded and diverse industry experience is coupled with an unwavering dedication to client service that brings Brett continual opportunities with referrals and repeat business.

A highly accredited professional musician with an expansive performance history, Brett's artistic talents are what make him a truly unique real estate agent. He brings creative exposure to every property through vivid storytelling in photography and videography and offers a broad audience

with his popular social media channels. A notably strong negotiator, Brett is a highly-driven advocate for his buyers and sellers throughout the entire process of closing a deal.

With deep roots in Bergen County, Brett's family history in the region dates back to the early 1900's with the establishment of D'Amico Farms founded by his great grandfather. A local history buff with a passion for finding the hidden gems of Bergen County, Brett resides in New Milford with his wife, three children and their adored rescue pets. In his free time, Brett enjoys nature, food, motorcycles and his work as a Board Trustee at The Women's Rights Information Center in Englewood.

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James Adrian Wright, DPM, MS

Quantum Foot and Ankle Group, PC



James Adrian Wright, DPM, MS, is an experienced podiatrist at Quantum Foot and Ankle Group, PC, in Woodcliff Lake, New Jersey.

Dr. Wright obtained his Bachelor of Science in biomedical science from Lynchburg College. His initiatives in the realm of molecular biology resulted in him being admitted to the University of Oxford. At this time, he authored two papers: one detailing the nuances in the nonmonotonic linearity of science, and the second addressing the effects of molecular clock theory on modern concepts of stratocladistics. Dr. Wright was awarded the Vanauken Fellowship Award in 2006 for his work, which paved the way for his graduate focus in the field.

In 2008, Dr. Wright was accepted into Harvard University, where he obtained a Master of Science in molecular biology. Dr. Wright's emphasis started to shift from bench to bedside as he became more involved with quality matrix studies and rapid improvement events at Harvard Vanguard Medical Associates. At this time, he served on the roster review team to pioneer the process that led to the development of control measures in the Epic system of Reporting Workbench. These initiatives lead to the publication of his thesis, as well as his book, on the roster review as an effective means of chronic disease management care.

Dr. Wright went on to pursue a career in medicine, obtaining his doctorate, and completing an internship and residency at Lenox Hill Hospital in New York City. He served for two years as the Editor-in-Chief of PMR and committee member of the Harvard Book Award Scholarship Committee. In the spring of 2014, he received the American Medical Writers Association Award for his published work on private practice modification in the rapidly evolving United States healthcare system.

Although he is involved in various research initiatives, Dr. Wright is actively engaged in the management and care of his patients. He has years of experience working with pediatric patients and holds the only FDA-approved pediatric CT imaging in the northeast.

Dr. Wright is currently accepting both pediatric and adult patients. Schedule an appointment by calling the office or booking online today.

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Kenneth Restrepo

Ken's Car Service LLC | CEO

Kenneth Restrepo is the President and CEO of Ken's Car Service LLC, a premier transportation company serving all major airports and the tri-state area. Kenneth is known for its exceptional customer service and reliability. With a vision to provide safe, comfortable, and punctual rides, Kenneth established the company, which has quickly gained a reputation for excellence in the transportation industry. Under his leadership, Ken's Car Service, LLC offers a range of services, including airport transfers, corporate transportation, and special event rides. Kenneth's commitment to quality and customer satisfaction has positioned his company as a trusted choice for clients seeking professional and dependable car service.

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