

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 and Mindful walk (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 them gain a greater understanding in how their thought patterns and limiting beliefs stops them from being their best self. Beatriz integrates various modalities such as solution focused, cognitive behavior and spirituality with the purpose to create 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: Heart Healing Guided Meditation (free | Included in your admission ticket)

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



[Beatriz Wawra - TEDx talk](#)

Email: beatrizwawra@gmail.com

Cell: 201 893 4796

IG: [@be_well_therapy_center](#)

STACEY CHALLENGER

Access Bars Practitioner



As a business woman with 19 years' tenure in corporate, Stacey searched for ways to navigate around the imbalances of her job and home and the relationships within.

Coming home exhausted, leaving little to no energy for herself or family, she decided to align herself with energy work.

Stacey found that through energy work she has healed many of her own traumas and dedicates her time to helping other professional women find their unique balance and happiness from a place of within through daily mindfulness practices and energy work. Stacey is

certified in Spiritual + Life, Health + Wellness and Relationship Coaching as well as an Access Bars Practitioner.

Offering: Access Bars Healing Session - 15 mins for \$20

Email: staceychallener@icloud.com

Cell: 973 271 9383

IG: [@staceychallenercoaching](https://www.instagram.com/staceychallenercoaching)

NANCY BRODERICK (READER)

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:

<http://www.karmalovemassagetherapy.com>

LINDA FARRELL (HEALER/READER)

Inside Out Healings



Linda Farrell, of Inside Out Healings LLC, is committed to being a healer of the heart, mind, body and soul. Her desire is to help guide you along your healing journey with ease, grace and compassion. During an energy healing session, Linda is intuitively guided and utilizes her experience and skillset to help you begin to heal. Linda is a Reiki Master Teacher, Level 2 Archangel Metatron Colour, Healing Practitioner, IET Practitioner, Certified Sound Healer, and RYT 200.

Offering: 20-minute Energy Healing Session w/Oracle card reading \$30

To schedule a session email: laf@insideouthealings.com

To learn more about Linda, visit her website: <http://www.insideouthealings.com>

DANIELLE BLACKMORE (HEALER)



Danielle is an Emotional Intelligence Coach who takes your communication to the next level. She does this by helping you to express your boundaries, listen with empathy, and communicate your needs, which ensures all of your relationships run smoothly. Using a technique called 'Brave Acceptance' she assists you in finding your power, purpose, and unique voice through her natural and holistic approach. Danielle's discovery of emotional intelligence is what inspired her to leave the corporate world and to

enter the alternative healing space where she now finds her greatest gifts being actualized.

She now shares the wisdom she's accumulated along the way to help others find fulfillment and happiness in their work, personal lives, and relationships!

Offering: 15 min Emotional Release session \$25

Schedule with Danielle here: blackmd23@gmail.com

***EFT Dance Party 3pm (free | Included in your admission ticket)

KATHLEEN BRODERICK

certified life coach, nutrition coach



Kathleen Broderick is a certified life coach, nutrition coach, and Artist's Way Facilitator. After years of working in the Natural Products Industry, she realized that coaching was the perfect way to combine her professional skills with her passion for helping others reach their true potential in a holistic way.

She offers a variety of coaching services including one-on-one coaching, group coaching, and workshops. Her goal is to provide her clients with an individualized and comprehensive approach to wellness and personal growth. She uses a combination of evidence-based practices, creative techniques, and inspiring activities to help her clients develop their own unique paths to

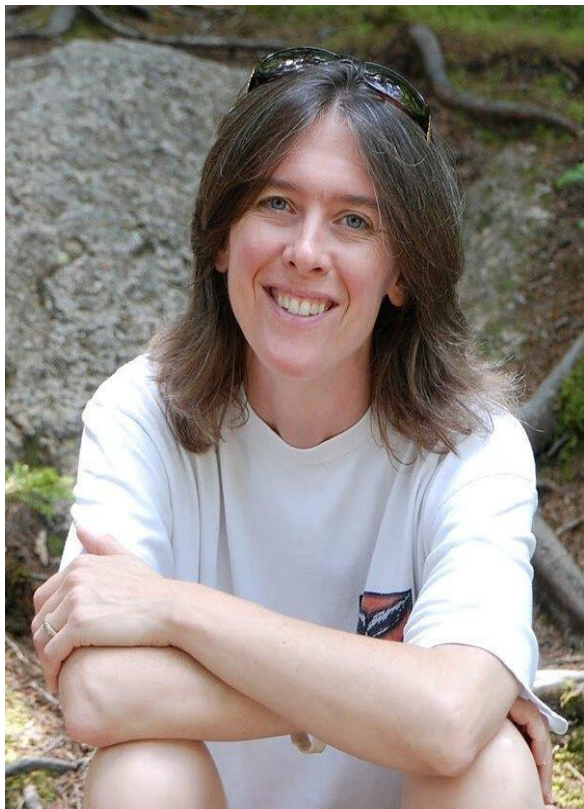
success.

She is passionate about helping others create healthier and more fulfilling lives. She looks forward to working with you and helping you reach your full potential.

Offering: 15-minute mini coaching sessions which include a 3-card oracle message for \$25.

KIRSTEN SHARO

Diceys Healing LLC



Kirsten Sharo of Diceys Healing LLC is a multilevel wellness coach who utilizes her skills as an Animal Communicator and Intuitive Medium, Metatron Colour Therapy Teacher & Practitioner, knowledge of essential oils, meditation, and more, in serving others. She is a Metatron Colour Therapy Practitioner and Teacher, a Reiki Master Teacher, and a Certified Children's Meditation Teacher.

Kirsten is the creator of the Metatron Animal Knowledge System which combines animal communication and energy healing with the guidance of Archangel Metatron to offer a deeper level of healing to the animals.

She offers Animal Communication sessions, Intuitive Coaching packages, Metatron Animal Knowledge classes and sessions, Intuitive Medium sessions for individuals and groups, Metatron Colour Therapy sessions and classes, Meditation and Intuitive Development classes.

Offering: 15 minute sessions \$25 Accepts Venmo or cash

Contact Kirsten at diceys.healing@gmail.com/ 201-290-6014

VERONICA PADUCH

Aloha Health and Wellness



Veronica Paduch is the owner of Aloha Health and Wellness and is a holistic practitioner whose personal battle with back pain led her to an education in Integrative Nutrition. This training birthed her interest of Spiritual Practices. Shortly after graduation in May 2017, Veronica was in a car accident which became the pivotal moment creating the mental shift from corporate businesswoman to energy healer.

While being out of work for almost a year, she searched for ways to heal herself beyond traditional medicine with essential oils, food, and crystals.

Today Veronica utilizes her experiences and expanded skillset of Access Consciousness, Crystals, Essential Oils, Health Coaching, Shamanism and Sound Healing to care for her clients.

Offering: 15 mins Access Bars Session for \$20

IG: [@alohahealthandwellnessllc](https://www.instagram.com/alohahealthandwellnessllc)

VIRGINIA (GINNY) MATAS (READER/HEALER)

Reiki Energy Healer, Intuitive Tarot & Oracle Card Reader



Ginny has an innate desire to use her gifts in assisting the healing of all those she caters to. Her Intention is to help in releasing what no longer serves you, working to come to terms with our Shadow Selves, and Aligning with our True Essence of Soul.

Ginny was Level I Attuned in White Light and UsuiTibetan Reiki September of 2020. She attained her Level II Reiki Attunement in White Light and UsuiTibetan Reiki February of 2022. She received her Reiki Master Attunement January 2023. Ginny has always felt a pull towards Energetic Healing, even before knowing what it was. It was revealed to her

that her grandmother, who was an integral part of her upbringing, was known as a “Hands On” Healer

and held regular Healing Circles for her Church in the privacy of her home. Following in the True Spirit of Reiki as created by Usui Mikao, Ginny has enjoyed taking the time to intimately familiarize herself with each Reiki Level she has attained. She finds great joy in experiencing the unique Energy Blueprint of her clients. She looks forward to expanding her Reiki as a Life Long Journey.

Ginny’s Intuitive Tarot Readings are also used as a tool for healing. She sets the intention that whatever messages, guidance, and insights revealed through the cards are in service of the sitter’s Highest Good. She believes in delivering all 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. Also be sure to check out her variety of Reiki Infused Healing Stones, Bracelets, Candles, & More!

Offering: \$30 / 15-minute Tarot or Reiki Session to schedule:

SoulTribelInnerHealing@gmail.com

To learn more, go to: <http://www.SoulTribelInnerHealing.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

**DR. NICOLE SINISGALLI PHD, DD, DMIN,
CSC, CCHP, CKF3**
Founder & Director
Eternal Earth Sanctuary



Dr. Sinisgalli started offering her services from the trunk of her car, traveling from place to place to bring healing and mindfulness to those in need. After a couple of upgrades and several years later, she designed Eternal Earth Sanctuary's On-The-Wellness Center from an Eco-Friendly RV, designed with all the amenities needed to provide a relaxing and rejuvenating experience.

The sessions include: Music, Guided Visualization/Meditations, Advanced Crystal Technology, Crystal Singing Bowls, Various Other Crystals, Lavender Eye Mask

Offering: Crystal Light & Sound Bath (\$30/15 minutes, \$50/30 minutes)

We accept Venmo, CashApp, Zelle, All Major Credit Cards through Square (iPad POS System), and Cash.

JENN CASELLA (HEALER)

Soul Remedy Wellness



Jenn is the owner of Soul Remedy Wellness, located in Little Ferry, NJ. She is a reiki master and teacher, certified cannabis educator and life coach.

Soul Remedy offers reiki, ear candeling, chakra balancing, cannabis education, red light therapy, and coaching services.

Offering: Reiki- 15 mins for \$30

Contact: soulremedywellness@yahoo.com

IG: [@soulremedywellnessnj](https://www.instagram.com/soulremedywellnessnj)

MILAGROS SIMON

Sound Healer



Milagros is NYC based yoga guide, sound facilitator & 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 (1hr. sessions)

ALEXANDRIA PEÑÓN (HEALER)



Alexandria Peñón is a holistic healer specializing in Reiki, herbal medicine and astrology. Studying under Karen Foote, Alexandria is a certified Reiki Master and also holds a Certificate in Medicinal Plants from Cornell University. Currently Alexandria is learning more about the ancient Indian medical practice of Ayurveda and studying to be a postpartum doula and how it can apply to all that she has already learned and studied. Alexandria believes that through nature and the energies of the Universe one can find balance and health.

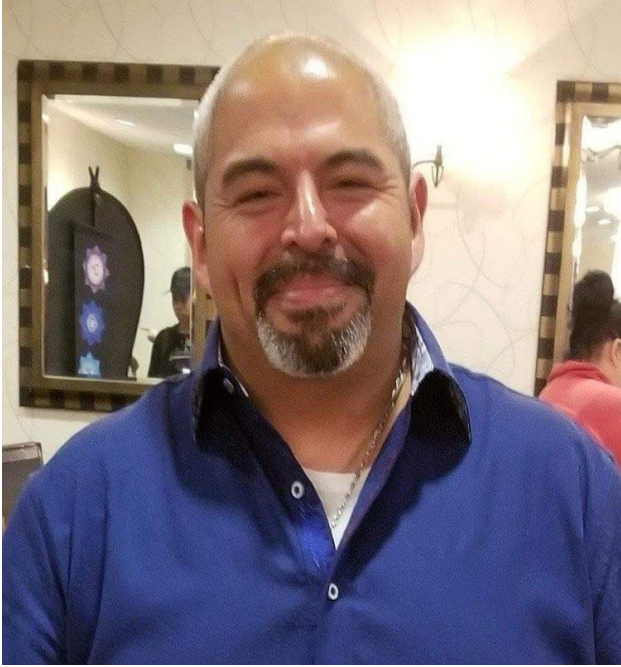
“Happiness is not a matter of intensity but of balance and order and rhythm and harmony.” ~ Thomas Merton

Offering: 15mins of Reiki and a mini-Reading \$30

book via Instagram [@Jal_peno25](https://www.instagram.com/Jal_peno25) or email: apenon25@gmail.com

ROLAND BUDDHAHAWK (HEALER/READER)

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" what 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

CAROLYN RUALO



Carolyn's journey with yoga began in 2012, when she was seeking a way to add variety to her fitness routine. In one of her first classes, her teacher focused on the concept of detachment from outcomes, which initially seemed foreign to her. However, as she continued to practice, she realized that this approach was a sustainable way to tackle challenges yet stay present in the moment. Over time, her passion for yoga grew, and she decided to pursue a 200-hour training

program in 2018. During this training, she focused on alignment-based yoga, which helped her to deepen her understanding

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

JOYCE MARTIN | FOUNDER

Yogamommi



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 RYT200 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)

JAIME LYN | FOUNDER

Journey to your INNER CHILD



Jaime Lyn is a gifted energy healer and certified hypnotherapist with a specialty in past life regression (QHHT & BQH), inner child healing, and child hypnosis. With her mastery of energy work, Jaime Lyn has helped many clients on their healing journeys. Her ability to act as a conduit and channel for energy has amazed those who have worked with her. She is particularly adept at connecting with the healing energy of Mother Earth to help those who are in need.

Through her work, Jaime Lyn has developed a reputation for helping clients overcome deepseated, long-standing issues. Her expertise in hypnosis has been invaluable in assisting her clients in connecting with their authentic selves and breaking down mental barriers that have hindered their development.

Jaime Lyn and her collaborators have successfully worked on lighting up the Earth's Leyline grid through visiting and studying some of the strongest energy centers on Earth. Her spiritual retreats in Egypt and the United States, including Hawaii, have helped many find inner peace, connection, and harmony. As a master of teaching the vibration of LOVE, Jaime Lyn has a passion for helping clients through inner child healing, meditation, and sound, using these methods to foster self-discovery and personal growth. Jaime Lyn's clients value her unwavering commitment to their well-being and her ability to help them breakthrough mental, emotional and spiritual blocks that have prevented them from living their best lives.

Offering: 2 Journey to your inner child group sessions offered throughout the day (30 minute sessions) - \$25

Individual Sessions offered by appointment - \$33

JOCELYN CICCOLELLA, LMT

Reiki Practitioner and 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.

Offering: Reiki, 10 minutes for \$20
Massage Therapy 10 minutes \$10

NEVINE SHARIF (VENDOR)

Henna Art



Nevine is an elementary school teacher, mom and light worker. She's Reiki 1 & 2 certified through Karen Foote and is practicing and working towards her reiki mastery this year. Her family is from Bangladesh and she grew up in Egypt and India before coming to the US in high school. Nevine has always remembered henna as a symbol of celebration during a time of blessings and joyous occasions.

Remembering the smells of her grandmother crushing the henna leaves to then applying it to her own daughters' hands, this practice has always brought her home within. She

has always loved this creative outlet in her doodles, mandala art and henna and she is so happy to share this with all of you.

Nevine is grateful for this experience and so excited to be a part of this event!

Offering: \$20 / single hand (allow for about 20 mins) *first come, first served

LYNDA SCIALABBA (VENDOR)

Metal Artist



Lynda Scialabba is the metalsmith artist for Stella & Russ Jewelry. Each piece of jewelry she creates is a one-of-a-kind piece and unique in its own way. She uses gemstones, minerals and antique coins set in fine silver, gold and sterling silver.

For as long as she can remember, Lynda always gravitated toward interests that showcased her artistic ability. From raw material to beautifully enhanced finished product, she loves the process of creating a truly special, unique piece to be treasured. Hence, Stella & Russ Jewelry was born!

IG: [@stellaandrussjewelry](https://www.instagram.com/stellaandrussjewelry)

Stellaandrussjewelry.com

Stellaandrussjewelry@gmail.com



YOLANDA GONZALEZ, LCSW (VENDOR)

Founder of The Holistic Counseling Center



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: Selling spiritual items as a vendor

For more information and to connect with Yolanda please visit her website <https://theholisticcounselingcenter.com> or email her at yolanda@theholisticcounselingcenter.com

KRISTIN BENANTI (VENDOR)

Digital Designer & Shop Owner



Kristin Benanti is the proud owner of Bella Faith Designs, a Digital Design and Custom Craft Shop. After graduating art school in 2012, she started as a freelance graphic design start-up and has since grown into a well-rounded print design and web development business.

She offers digital and print solutions from personal invitations and posters to business flyers and banners. Since 2021, Bella Faith Designs has expanded even further; Kristin opened an online store where she offers custom-made and personalized items like gifts/favors, create your own products, candles, soaps and more.

Shop the Online Store: <http://www.bellafithdesigns.com/store>

Follow me on Instagram: [@bellafithdesigns](https://www.instagram.com/bellafithdesigns)



LINDA BEG (FOOD VENDOR)

Starseed Bakery - Rockaway, NJ



Linda Beg is the owner and founder of Starseed Bakery. As a lifelong advocate of healthy eating and healthy living, Linda Beg combined her passion for healthy food and her activism for organic and non-gmo foods, into a Gluten, Dairy, Soy and GMO-Free bakery business called Starseed Bakery. A business that started in Linda's kitchen in 2013, Starseed Bakery now operates a retail and wholesale production facility in Rockaway, New Jersey that serves over 30 wholesale accounts, and is distributed throughout the Northeast United States. "The more I learned about the increased use of toxic chemicals, unhealthy additives and manipulation of our food production system", Linda states, "I

knew I had to make food choices available that are safe, healthy and delicious." Sourcing local, organic, GMO-free ingredients is a constant goal of Starseed Bakery to ensure that they are part of a solution for healthier food choices and a healthier planet. Starseed Bakery also offers many vegan options, grain free (paleo) and sugar free options and incorporates a variety of natural sweeteners in products, including cakes and cupcakes stocked at all times and you can purchase our products online at www.starseedbakery.com.



MEET OUR SPONSORS 2023

TONI CHIANETTA | FOUNDER Sanctuary Den

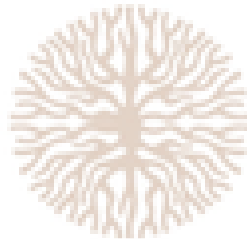


Toni R Chianetta, MS RYT RMT & Initiated Shaman is a 3rd Generation Mystical Intuitive. She is the founder of Sanctuary Den.

Toni uses her natural gifts alongside her studies & attunements in Yoga, Reiki, Shamanism, Sound Healing, Medicinal Aromatherapy, Reflexology, Guided Meditation, Fascial Stretch Therapy, Intuitive Development, Stretch, Aerial Yoga & Barre Classes IET. Toni has a Master's Degree in Nutrition from

NYU to offer a truly holistic approach to ancient healing through vibrational frequency.

Sanctuary Den



KATHY ACOSTA, LCSW | FOUNDER

HERO Counseling Center



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.



GERALDINE PENA, LPC | FOUNDER

Live Truthfully Counseling, LLC



Hi! My name is Geraldine Peña. I am a bilingual (Spanish) Licensed Professional Counselor (LPC) in the state of Pennsylvania and New Jersey. I obtained a Master of Education in Counseling at The Pennsylvania State University in 2017. I am also Certified Clinical Trauma Professional and use several modalities and techniques such as Eco-Systemic Family therapy, Cognitive Behavioral Therapy, and Internal Family System which help me guide individuals in developing stronger, positive interactional patterns with those around them.

I am passionate about helping guide teens and adults of minority backgrounds to live a more healed, truthful and peaceful life. My specialty is working with Latinx people, especially Adult Latina Daughters, who struggle within their attachment style and how this affects their current interrelationships with others. My work lies within helping those with: childhood trauma, sexual violence, post-traumatic-stress disorder, issues with early attachment, insecure interpersonal relationships, depression and anxiety.

On my spare time from seeing clients, I am also an Adjunct Professor, speaker and activist that is passionate about mitigating any issues affecting black and brown communities. My hope is to continue to not only spread my knowledge but also expand my skills to continue to decolonize mental wellness.



ANNA GASSIB

Founder of A Stable Life- Bergen Equestrian Center



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

Offering: \$15 per person – 3 Equine Healing Circles offered throughout the day (30minute sessions)