

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 | (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: Guided Healing Meditation - Awake the Heart to remembrance (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)

ELIZABETH RIGER IGIELSKI

Oneness Healing | Founder



Elizabeth Riger Igielski is a Licensed Massage Therapist, Reiki Master Teacher, and 200-hour Yoga Instructor devoted to holistic healing and soulful self-care.

As founder of Oneness Healing, she weaves together somatic bodywork, energy healing, reflexology, and yoga to create nurturing spaces for restoration, empowerment, and inner peace.

Her heart-centered approach supports clients—especially neurodivergent individuals and those navigating stress or trauma—in reconnecting to their bodies, breath, and innate wholeness. Guided by the belief that Oneness is Wholeness, Lizzie creates gentle, powerful pathways to self-love—one breath, one being at a time.

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

SANDRA SENIOR | FOUNDER

IRIE SALON AND SPA

IRIE LIFESTYLE



I'm Sandra Senior

- *MEDICAL MASSAGE THERAPIST
- *HOLISTIC HEALTH & WELLNESS COACH
- *MENOPAUSE DOULA
- *AUTHOR
- *WOMENS HEALTH ADVOCATE

Sandra Senior founder of Irie Salon and Spa
As a licensed cosmetologist and massage therapist, a veteran in the fashion, beauty and spa industries, I personally found that as a busy woman in the corporate world, self care was needed. Stress relief and stress management are necessary for the soul
Selfcare = SelfLOVE

In addition to spa treatments and health coaching Irie Lifestyle provides events and collaborations in health and wellness workshops, yoga, and meditation.

Virtual spa days and mindful retreats are available to individuals and corporations to help manage stress and reduce anxiety.

Now... THIS IS 50! While on my menopause journey I began coaching others as a menopause doula.

The goal is to inspire and empower mid-life women ,like myself to improve and prioritize their health and wellness, and therefore improve their quality of life.

OUR MISSION AT IRIE SALON AND SPA IS TO TOUCH, HEAL AND INSPIRE EACH CLIENT.

INFO@IRIESALONANDSPA.COM

FACEBOOK.COM/IRIESALONSPA

INSTAGRAM.COM/IRIESALONANDSPA

INSTAGRAM.COM/SISTERSROOTSHERBS

LINKEDIN.COM/SANDRAJAGUARSENIOR

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(347)901-6147

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.

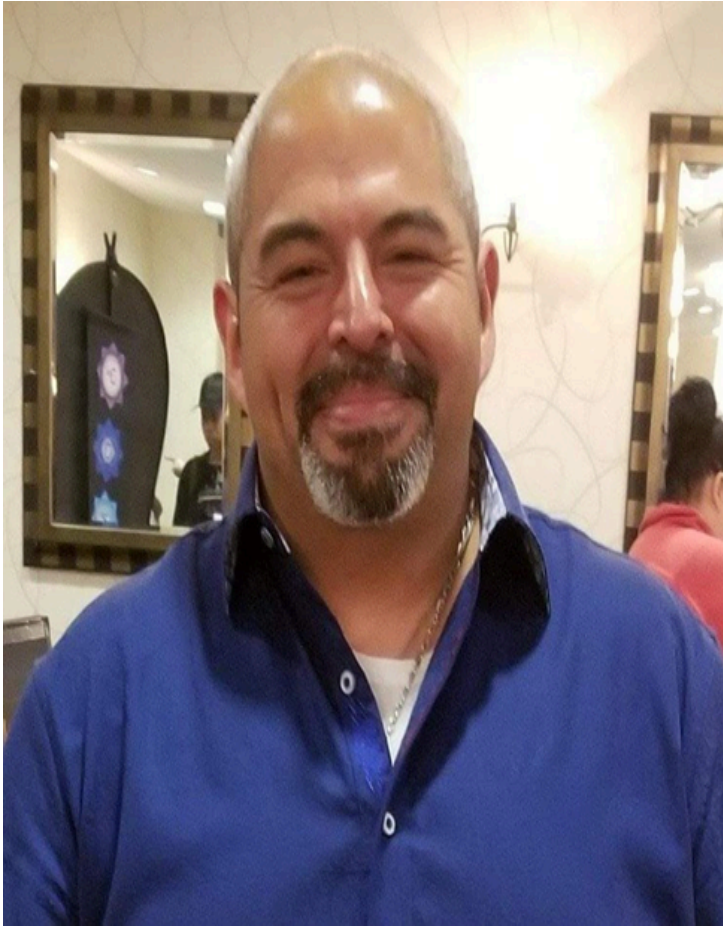
Drawn from years of his own practice, intuition, and training with multiple teachers and masters across the US and Hong Kong, he has developed his own unique system which helps to efficiently encourage conditions for healing intended to assist with problems such as discomfort, arthritis, range of motion 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

Website: <https://olshealing.com/>
Ig: @outerlimitsqigong

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

Phone: 201 927 8760

Website: <http://www.buddhahawkhealing.com/>

Ig: @roland_buddhahawk

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

Veronica Paduch | Owner

Aloha Health and Wellness



Veronica Paduch is a holistic practitioner whose personal battle with back pain led her to pursue an education in Integrative Nutrition. This training sparked her interest in Spiritual Practices. Shortly after graduating in May 2017, Veronica experienced a car accident, which became a pivotal moment that shifted her mindset from a corporate businesswoman to an energy healer. During her year-long recovery, she explored alternative healing methods beyond traditional medicine, including essential oils, food, and crystals.

Today, Veronica leverages her extensive experience and diverse skill set in Access Consciousness®, Crystals, Essential Oils, Health Coaching, Shamanism, and Sound Healing to provide comprehensive care for her clients.

Veronica Paduch is the owner of Aloha Health and Wellness, which can be found on Facebook, Instagram, and YouTube. Healing sessions are available both in person and virtually, with Access Consciousness® classes conducted in person.

Credentials: Access Bars® Facilitator, Access Facelift Facilitator™, Access Body Process Practitioner, Advanced Crystal Master® - Hibiscus Moon Crystal Academy, Certified International Health Coach, Level 1 Practitioner of Crystal Shamanism, Crystal Shaman Reiki Level I & II Practitioner, Certification in Sound Therapy & Sound Healing

Offering: Access Bars® or Access Energetic Facelift™ 15 min./\$20

<https://www.alohahealthandwellness.com>

Email: msvee@alohahealthandwellness.com

201-491-6592

FB: @alohahealthandwellnessllc

IG: @alohahealthandwellnessllc

Alicia Royce

Intuitive/Energyworker



As a certified yoga teacher, ordained minister, movement guide with 15 years experience, and a mentee of Maria Alfieris - Magical Hands Healing, Alicia offers hands-on healing.

This practice is one of depth physically and beyond, but ultimately invites in one's own inner physician and inner knowing to recover and restore the parts of us that are bound.

The gift of this offering is a spark, a change, and ultimately a catalyst to reenter the flow of life.

After a sudden shift in 2017, Alicia had the call to surrender and from there, allowed the process to crack

her open and unfold her in a new direction into a state of being and service. She is forever grateful.

Offering: Fascial Energy-work \$25 - 15 mins

Email: aliciaroyce01@gmail.com

Tel: 908 603 9176

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. !

I've created a sacred collection of Reiki-infused facial toners, lovingly blended with Florida Water, sage, and divine healing intention — created to cleanse, refresh, and uplift your energy. You'll also find handcrafted jewelry infused with Reiki energy, designed to support your heart, balance your aura, and align you with your highest vibration. ✨

Offering: Reiki- 15 mins for \$25

Contact: soulremedywellness@yahoo.com
IG @ soulremedywellnessnj

Angelita Fanas, Holistic Coach & Healer

Highest Potential Coaching, LLC



Born and raised in the vibrant heart of the Dominican Republic, I am an Army veteran and proud facilitator of transformative healing. My journey has been one of cultural fusion, service, and deep personal growth. When I arrived in the United States, I embraced the challenge of learning a new language—an act of courage that unlocked the path to my dreams and purpose.

After serving in the U.S. Army, protecting the land that gave me endless opportunities, I discovered my true calling: empowering women who have faced childhood trauma, abuse, and adversity. Veterans who are suffering with traumatic emotions from service, and are having a hard time reintegrating into civilian life. I understand it and can relate to many of their challenges. My passion is to help heal, reclaim your power, and live a life you truly love.

Today, I guide others using a deeply holistic approach that incorporates sound healing, Reiki, and essential oils to access the subconscious mind and clear, balance, and energize the body's energetic centers. As a facilitator for the world-renowned Peter Sage and his groundbreaking Elite Mentorship Forum (EMF), I support clients on a six-month journey of radical self-development, personal responsibility, and proven transformation—an experience backed by science and powerful results.

In addition, I proudly serve as a facilitator for the **Life Changing Energy** certification program, where I provide in-person certifications in Sound Healing and Tuning Forks. Our program is accredited by the Complementary Medical Association (CMA), ensuring high standards of education and professional integrity. Through hands-on guidance, real-time feedback, and supportive training, students leave empowered and confident in their ability to support others through complementary healing practices.

Offerings: 15-minute healing sessions using Tuning Forks, Tibetan Singing Bowls, a Stand-In Tibetan Bowl for the feet, or Reiki \$20.

ZYTO Link wellness body scans \$20 for the scan and brief overview, or \$30 for a full scan and a 30-minute Zoom session to support deeper insight into your physical, emotional, and energetic well-being.

IG accounts: @highestpotentialcoaching @angelita.m.fanas

Website: <https://highestpotentialcoaching.com/>

emails: angelita.fanas@gmail.com angelita@highestpotentialcoaching.com

Dr. Arantzazu Cioce

Pelvic Floor Physical Therapist



Dr. Arántzazu Cioce is an Intuitive Pelvic Floor Physical Therapist, 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. As well as guiding her clients in physically rehabilitating and reintegrating the areas of the female body that so often are signaling for support via bladder leakage, sexual or pelvic pain, lack of libido, and other pelvic floor dis-ease. Dr. Zazu also guides her clients through trauma-informed breathwork, and incorporates the ancient art of Reiki, to empower individuals to reclaim their body through divine

feminine energy and womb work. As an Orgasmic Birth Educator, she teaches mothers and birthing people how to confidently work with their baby's and body's natural rhythm to heighten their birth experience with maximal safety, love and pleasure. Founder of Phoenix Physical Therapy, she sees clients in her Woodcliff Lake, NJ office and virtually for support.

Offerings: Holistic Pelvic Health Support 45-minute session \$88 - Perfect for folks who have a particular physical symptom such as bladder leakage, sexual discomfort or lack of pleasure, constipation or have been diagnosed with some other pelvic floor function issue. We will discuss your unique situation and come up with ideas to support your healing through the physical lens, as well as determine what energetic and emotional factors are lingering in your body and fascia that require support to amplify your healing journey.

Womb Reiki Healing Sessions 30-minute session \$55 - focused on deep healing and emotional integration Specific for women who have experienced difficulty with their pelvic and/or feminine journey, have difficulty connecting with their body and womb, and/or are seeking guidance/healing/support from their divine feminine spirit and spirit team.

Email: zazu@phoenixpt.info



NEVINE SHARIF

Intuitive Energy Healer



Nevine is an elementary school teacher, mother, sound bath healer, and devoted light worker and Reiki Master.

Originally from a Bangladeshi family, Nevine spent her childhood in Egypt and India before moving to the United States in high school. These rich cultural roots have deeply influenced her love for sacred traditions and healing arts.

One of her most cherished memories is of her grandmother crushing fresh henna leaves and lovingly applying them to her daughters' hands—a ritual that symbolized celebration, blessings, and connection. For Nevine, henna is a creative and spiritual expression that brings her home to herself.

Her love of mandala art, doodling, and henna design reflects her inner joy and mindfulness,

and she's honored to share these gifts with you. Nevine will also be offering a sound bath circle, creating a space of deep rest, energetic clearing, and vibrational healing through sound.

Offering: \$25 Sound Bath Circle - 40 minutes | \$20 single hand henna (allow for about 20 mins)

Jennifer Yang | Owner

Sweet Confections by Jenn & Sweet Sugar Party, LLC



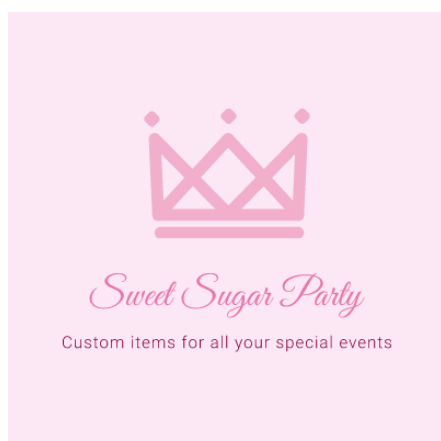
Hi, I'm Jenn and the owner of Sweet Confections by Jenn and Sweet Sugar Party, LLC.

I am a licensed cottage food baker located in Hillsdale, NJ offering custom cakes, cookies, cupcakes, cake pops and more for all your special events! Sweet Sugar Party offers custom t-shirts, drinkware, gifts and so much more for birthdays, vacations, parties, events (both big and small).

Whether it's one shirt for a birthday or a bulk order for a school play or event, I can make your vision come to life!

I am also excited to announce my new shops on Etsy: The Custom Thread Shop offering custom t-shirts and other apparel and The Cookie Supply Shop that will offer 3D printed cookie cutters and other cookie/baking supplies.

Instagram: @sweet_confections_byjenn & @sweetsugarparty
Etsy: The Custom Thread Shop & The Cookie Supply Shop





SUNMED Modern Wellness

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](#)

Morgan Zelmer | Owner

MOON•MA



Morgan Zelmer, the creator of MOON•MA, is an herbalist, yoga teacher, artist, and mother of two beautiful children. She is deeply passionate about women's health, leading monthly women's circles, retreats, and ceremonies honoring the sacred rites of passage of pregnancy, birth, and beyond.

Morgan approaches yoga practice as an opportunity to weave a connective thread between the self and the whole of nature. She has been teaching a variety of styles such as kundalini, vinyasa, and yin yoga for over 8 years now. Her own yoga practice has taught her to listen to the

subtle language of nature, guiding her to the medicinal power of plants. Morgan is deeply passionate about sharing the wisdom & transformative powers of nature.

As MOON•MA Medicinals, she creates herbal remedies and elixirs with wild-foraged and organically grown plants. In her cooking, she incorporates a bounty of medicinal herbs, spices, and local, seasonal ingredients.

Her work on this earth is to inspire presence with the beauty and magic of nature. She loves exploring this through a variety of mediums such as cooking, creating art, making herbal medicine and hosting community gatherings.

In addition to placing online orders, you can find Morgan in person at the monthly Nyack Ecstatic Dance where she pops up as the Moon Ma Elixir Bar.

Offerings: iced cacao, iced herbal tea, sandwiches & salads combo, snacks like cookies & energy bites



Website: <https://moon-ma-medicinals.square.site>
Ig: morgan_moonma



KATE GONZALEZ | OWNER

Crystals K-8



Kate is the heart and soul behind *Crystal K-8*, where her deep love for crystals and creative expression come together in radiant harmony.

A passionate artist and energy enthusiast, Kate brings her vibrant spirit to every event she attends. She loves sharing all her creations and curating experiences that uplift and inspire. She believes deeply in the power of community and

the magic of the arts—whether it's through singing, dancing, or simply vibing together in a shared space of joy and authenticity.

Ig: @crystal_k8_nj

Etsy: [crystalk8.etsy.com](https://www.etsy.com/shop/crystalk8)



Pamela Miller

Animal Spirit Intuitive | Psychic Medium | Animal Communicator | Reiki Master Teacher



Born and raised in New Jersey, it was here that I grew up and discovered my love of animals and an affinity to helping them. I was instilled with the values of goodness and love and respect, not just for people, but also for animals.

Always helping and caring for animals, fostering those in need and training those who needed to be taught. It seemed stray animals, injured birds, and animals in need found their way to my childhood home. As I got older, there were animals in need that seemed to find me wherever I went. Family, friends, and acquaintances began asking for my assistance if they had an animal in need. While I nurtured them, I was constantly

learning about the animals I helped, and in turn learning more about myself and spirituality. All along communicating with animals, and not knowing everyone else didn't. It was in my youth that I embraced animal communication, a skill I thought everyone had, but did not realize until many years later, that this was in fact, a very special gift which I had been given. I kept this hidden from the world, as I discovered others do not talk to animals telepathically, as I do, and thought they would not understand.

Throughout my life, I also kept secret that I have been Blessed with the gifts of clairvoyance (clear seeing), clairaudience (clear hearing), clairsentience (clear feeling), and claircognizance (clear knowing). In simpler terms, I communicate with those in spirit. As far back as I recollect, there have always been spirits around me that I can hear, or see, etc. As a child, I would get frightened. As I grew spiritually, I embraced my gifts and accepted my abilities. .

It has only been in the most recent of years that I have been afforded the time and guidance to further expand my knowledge, and further increase my abilities. All the while envisioning a path where I could use my gifts as a consistent part of my life, as my purpose in life.

The Divine Spirit called upon me to utilize my gifts to facilitate healing in people and animals. And, so, it is with Love and Light that I have found my life mission, from a place of warmth and love, a place of positive energy and healing that I have reached, and it is from here that I can reach out to those in need and help them.



Maria Penafiel | Owner

Timeless Pressed Designs



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>



MEET OUR SPONSORS 2025

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.



HOPE | EMPATHY | RECOVER | OVERCOME

LISA CLEAVER | FOUNDER

Release Yoga Studio



Lisa is the owner of Release Yoga Studio in Hillsdale. 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 (which is now Release❤️) offering a 200 hour teacher training course. 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 her teachers and mentors, 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. Lisa is a 200-hour Certified RYT with the Yoga Alliance.

Website: <https://releaseyoganj.com/>



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.

Team Thompson - Corcoran Infinity Properties

105 Union Ave | Cresskill, NJ 07626

917-902-9951 | DRE#: 1431817

<https://www.brettthompsonsteam.com>

ELIZABETH RIGER IGIELSKI

Oneness Healing | Founder



Elizabeth Riger Igielski is a Licensed Massage Therapist, Reiki Master Teacher, and 200-hour Yoga Instructor devoted to holistic healing and soulful self-care.

As founder of Oneness Healing, she weaves together somatic bodywork, energy healing, reflexology, and yoga to create nurturing spaces for restoration, empowerment, and inner peace.

Her heart-centered approach supports clients—especially neurodivergent individuals and those navigating stress or trauma—in reconnecting to their bodies, breath, and innate wholeness. Guided by the belief that Oneness is Wholeness, Lizzie creates gentle, powerful pathways to self-love—one breath, one being at a time.

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

Angelita Fanas, Holistic Coach & Healer

Highest Potential Coaching, LLC



Born and raised in the vibrant heart of the Dominican Republic, I am an Army veteran and proud facilitator of transformative healing. My journey has been one of cultural fusion, service, and deep personal growth. When I arrived in the United States, I embraced the challenge of learning a new language—an act of courage that unlocked the path to my dreams and purpose.

After serving in the U.S. Army, protecting the land that gave me endless opportunities, I discovered my true calling: empowering women who have faced childhood trauma, abuse, and adversity. Veterans who are suffering with traumatic emotions from service, and are having a hard time reintegrating into civilian life. I understand it and can relate to many of their challenges. My passion is to help heal, reclaim your power, and live a life you truly love.

Today, I guide others using a deeply holistic approach that incorporates sound healing, Reiki, and essential oils to access the subconscious mind and clear, balance, and energize the body's energetic centers. As a facilitator for the world-renowned Peter Sage and his groundbreaking Elite Mentorship Forum (EMF), I support clients on a six-month journey of radical self-development, personal responsibility, and proven transformation—an experience backed by science and powerful results.

For those not ready for the full EMF journey, I offer flexible holistic programs designed to meet clients where they are, helping them take meaningful steps toward emotional freedom and self-mastery.

In addition, I proudly serve as a facilitator for the Life Changing Energy certification program, where I provide in-person certifications in Sound Healing and Tuning Forks. Our program is accredited by the Complementary Medical Association (CMA), ensuring high standards of education and professional integrity. Through hands-on guidance, real-time feedback, and supportive training, students leave empowered and confident in their ability to support others through complementary healing practices.

My mission is simple yet profound: to help women rise, heal, and step into the fullest expression of themselves—body, mind, and spirit."

IG accounts: @highestpotentialcoaching @angelita.m.fanas

Website: <https://highestpotentialcoaching.com/>

emails: angelita.fanas@gmail.com angelita@highestpotentialcoaching.com



SUNMED Modern Wellness

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
201-267-6854
shopnj568@getsunmed.com
[Rochelle Park Instagram](#)
[Rochelle Park Facebook](#)

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