



Carisa Wilder, LMSW, RAP
Holistic Psychotherapy & Ayurvedic Consultation
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Join Us This Sunday and Monday Evenings

Free Meditation Instruction

Sun 6/4/17 & Mon 6/5/17, 7-8:30pm

Join us for free meditation instruction for women, girls, trans and gender-nonconforming people - 1.5 hours each day for 2 consecutive days. Heart-based/Effortless Meditation is a process through which we are able to go beyond thoughts, feelings and sensations to cultivate an inner sense of profound peace. It is appropriate for both experienced and new meditators. Please call or email to register for the free 2-day session. Spaces are limited.

Carisa Wilder is a psychotherapist and Ayurvedic practitioner who earned her Master's Degree in Clinical Social Work from San Francisco State University. She is bilingual in Spanish and English. Carisa completed a clinical internship with an emphasis on Cognitive Behavioral Therapy and is certified in Mindfulness-Based Eating Awareness. She is an Ayurvedic Practitioner through New World Ayurveda and is registered with the National Ayurvedic Medical Association. Carisa combines her years of experience and education to provide holistic care which honors the mind-body connection and empowers girls and women to achieve emotional, physical and spiritual wellness in their lives.



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