

Kathy Rivera

Trauma-Informed Energy Medicine Practitioner

Education and Certifications:

ACE Behavior Change Specialist
200HR Certified Hatha/Vinyasa YTT
Certificated Trauma-Informed Space Holding
Certified Usui Reiki Level I & II
Certified Breathwork Healer Level 1-5
Certified Yin Yoga
Certified Restorative Yoga
Traditional Chinese Medicine for Yoga

Services Offered:

Trauma-Informed Wellness
Therapeutic Yoga
Energy Medicine Techniques
Pranayama & Breathwork Healing
Earth-based Wisdom



About Me:

Kathy found their calling in energy healing after a transformative journey through yoga, energy medicine, and personal growth.

Today, they offer trauma-informed energy work to support people through gentle hands-on healing, therapeutic yoga, and energy field work. Whether you're new to healing, navigating the impacts of trauma or seeking deeper connection, Kathy aims to meet you where you are. With compassion and a focus on earth-based wisdom, they help clients reconnect with themselves, transforming their wellness journey into a path of true self-discovery.

