

Lara Rosenberg is a Certified International Association Yoga Therapist, Registered Yoga Alliance 500hr Yoga Teacher, Warrior Goddess Facilitator, Apprentice of HeatherAsh Amara, Certified Sundoor Firewalk Instructor, and member of the Global Firewalk Association. Lara uses a blend of Eastern-Western and Ancient-Modern healing practices to embody a deeper connection within Oneself.

Lara day to day helps people break through what they think is impossible and making it possible. Lara has been practicing yoga and meditation for over 25 years. Lara uses a variety of embodiment modalities specializing in yoga therapy, trauma-informed yoga, meditation, iRest® Yoga Nidra, somatic release movement, created VibeAsana™, and other healing modalities. Lara leads empowerment seminars, Firewalks, Glasswalks, Sound Sessions, drum circles, retreats, and workshops.



Lara was introduced to yoga in the early 1990's as part of her inner self-healing journey. Lara moved to Arizona and began working in the field of addictive disorders, trauma and behavioral health as well as developing a regular yoga practice. In 2005, she was working with an NGO in post-tsunami Sri Lanka and Southern India; Lara learned yoga in traumatic circumstances brings people together. In India in 2006, Lara began a deeper study of therapeutic yoga from Asana Andiappan. Since this time deepening her "self" study and practices - studying Yoga, Eastern Wisdom, Meditation, Sound Healing and working in Behavioral Health; Lara began to develop an understanding how moving the body, connecting with breath and learning ways to quiet the mind makes one become more present. Lara also has learned how this is different for every individual in each moment.

Lara refers to herself as a seeker wanting to learn and understand more. Lara has continued to deepen her studies in various cultures and traditions to witness similarities in the ancient cultures. While traveling to Mexico in 2007 she was exposed to a place called Teotihuacan. Lara knew there was some mystery when she went there and would be back. Lara got curious about the Toltec teachings passed down from the lineage of don Miguel Ruiz and began traveling to Teo regularly. Lara loves to travel and expose others to the wisdom within cultures outside of what is familiar.

In our Circle, Lara holds the element of air.

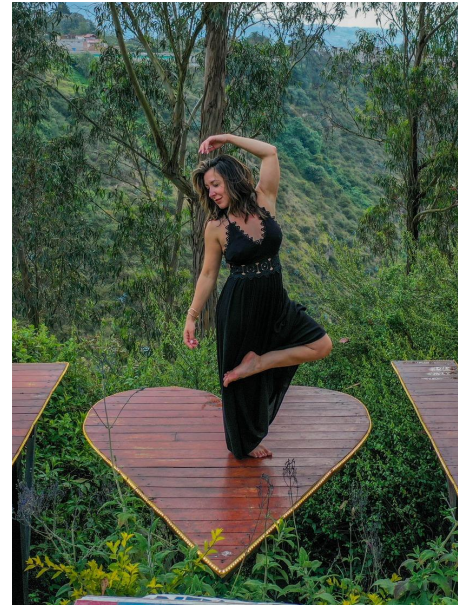
Naomi Herrera is a truth seeker who is passionate about co-creating safe and sacred spaces for women where they can show up in their full authenticity and shine their magic out into the world.

Naomi is a Certified Women's Empowerment Coach and Breathwork Facilitator, 500-hour Kaula Tantra Yoga Teacher, Energy Worker, Co-Author, Motivational Speaker, Retreat Facilitator, and Survivor of complex trauma. Naomi weaves her lived and learned experiences into her work with women so they can rise above their self-limiting beliefs and live their best lives.

Naomi has been coaching for 10 years with extensive experience in various holistic healing modalities that focus on consciousness, intentional living, and self-awareness.

Naomi has been studying with HeatherAsh Amara since July 2016 and is a Warrior Heart Facilitator, Level 3 Warrior Goddess Facilitator, Ministerial apprentice, and member of the Warrior Goddess Leadership Team.

In our circle, Naomi holds the element of fire.



Mary first met HeatherAsh in 2010 and after attending the workshop 'Reclaim Your Wholeness,' knew she had found the person and teachings that would change her entire life for the better.

Over the next 5 years she studied with HeatherAsh in Austin, Texas at Toci The Toltec Center of Creative Intent, attending her 13-month women's circle, weekly classes and other intensives and apprenticeships. She then became a certified Warrior Goddess Training facilitator and Warrior Heart Practice facilitator and in 2015 completed The Artist of the Spirit Coaching certification.

Mary is currently a mentor in the Warrior Goddess Training Circle and leads the monthly New Moon celebration, group coaching and other offerings.

Mary received her Bachelor of Social Work in 2004, and devoted 10 years in the social work field mainly advocating for children in foster care. She earned her Master of Acupuncture at AOMA Graduate School of Integrative Medicine in 2013. She's served patients/clients in private practice in both Austin and NW Arkansas.

Mary co-founded Sol Healing and Wellness Center in Austin Texas in 2014 with the intent of bringing integrative and holistic services to the community and now runs The Sun, the Star, the Moon, LLC in New Mexico.

Mary is also an astrologer and student of the mysteries. Mary's experience and training grants her the flexibility to hold a unique and supportive container for her coaching clients to unpack and get clear on what it is they truly want for their lives and what is no longer serving them. She believes in personal freedom and unconditional love.

In our circle, Mary holds the element of water.



Sarina Harz is a Licensed Clinical Social Worker, ritualist, and certified wilderness guide. They have spent the last decade serving clients with chronic medical conditions, facilitating trauma-informed care, and assisting people in getting free in their lives.

Sarina graduated with a Bachelor's Degree in Social Work in 2006 with a minor in Sociology and Gender Studies. They earned a Master's Degree in Social Work with an emphasis on Community Organizing and Organizational Management in 2013.

Sarina currently works as a mental and behavioral health therapist, ritualist, and wilderness rites of passage guide. They are also a yoga instructor, where they plan to use yoga as sacred activism to support people in all types of bodies to come back home to themselves and help the collective get free.

Sarina has been studying with HeatherAsh Amara for the last 8 years. Sarina is a member of the Warrior Goddess Leadership Team, Level 3 Warrior Goddess Facilitator, Warrior Heart Facilitator, and Certified Firewalk Instructor through Sundoor Firewalking School.

Sarina can be found dancing around the fire, playing in the woods, conjuring magic, and disrupting white supremacy.

In our circle, Sarina holds the element of earth.

