



Lisa Erickson

Lisa Erickson is a chakra-based energy worker, writer, and teacher specializing in women's energetics and sexual trauma healing. She has trained in many energy healing modalities and is certified in both mindfulness meditation instruction and trauma sensitivity. Lisa is a member of the International Association of Meditation Instructors, the American Holistic Health Association, the Energy Medicine Practitioners Association, and The Breathe Network, a non-profit dedicated to supporting holistic healing for sexual trauma survivors. She is also the creator of a popular DailyOM course *Awakening Your Feminine Chakras*.