

Meet Your Guides

Psychic Medium



SUSAN WEST is a psychic medium, certified intuitive consultant, Reiki practitioner, life coach, and spiritualist minister. She helps people with family and relationship issues, personal and professional goal-setting, and talent development, as well as speaking with spirit guides, angels, and loved ones who are on the other side.

Soul Path Astrology

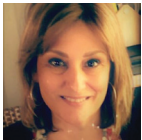


ELISE MANZO is a certified sound healer who trained at the International Academy of Sound Healing. The planetary energies of Tibetan singing bowls then led her to study Evolutionary Astrology. Elise is also trained in Usui Reiki and became a Master Teacher in 2014. She has also studied traditional Japanese Reiki with Frank Arjava Petter.

Akashic Records



SHERRI WAGGONER is a certified Akashic Records reader, healer, and teacher known for her sensitivity, vision, and empathy. The grace of the information from the Akashic Records feeds us on all levels of our being: the physical, the mental, the emotional and the spiritual. It is a place to reach toward in order to receive intuitive wisdom, vision, direction and revelation.



ANITA RAVIELE is a Kripalu Yoga teacher, a longtime intuitive healer, Reiki Master, and an Akashic Records reader certified in the Soul Journeys[®] method.

Tarot Readings



VICTORIA WILLIAMS, MA, a tarot reader, spiritual counselor, and psychotherapist for 35 years, is a wise, loving, and masterful healer who understands how to establish and maintain a safe and compassionate container where transformation happens. Victoria has been reading tarot at Kripalu since 2005.



CYNTHIA PAPA-LENTINI, PHD, is an Integrative Tarot practitioner who helps her clients access their intuitive wisdom. Integrative Tarot, as developed by Cynthia, combines classical tarot with counseling, healing, and psychology. Cynthia is also a researcher, author, and an Ayurvedic practitioner.

Ayurvedic Health Consultations



ERIN CASPERSON, Dean of the Kripalu School of Ayurveda, is an Ayurvedic Health Counselor and a 500-hour Kripalu Yoga teacher. A graduate of the Kripalu School of Ayurveda, Erin has continued her Ayurvedic studies both at Kripalu and in India. She is an enthusiastic teacher who loves sharing how the ancient practices of Ayurveda can be applied to modern-day living.



LAUREN GERNADY, Academic Coordinator of the Kripalu School of Ayurveda, is an Ayurvedic Health Counselor and a 500-hour Kripalu Yoga teacher. With an unwavering commitment to this ancient science of life, Lauren is dedicated to spreading the intuitive wisdom of Ayurveda to people in all walks of life.

Private Kripalu Yoga and Private Meditation



JURIAN HUGHES, E-RYT 500, YACEP, MFA, is founder of the Yoga of Voice and cocreator of the Yoga of Yes. A longtime senior faculty member of the Kripalu School of Yoga, Jurian has led thousands of workshops and programs and trained more than 1,000 Kripalu Yoga teachers since 2006.



SAMANTHA CULLEN, RYT 500, received her 200-hour certification from 7 Centers Yoga Arts and completed her 500-hour certification at Kripalu. She has continued to teach and train in styles such as Baron Baptiste Power Yoga and Yin Yoga. Her practice is rooted in creating opportunities for both physical and mental shifts, and her hope is to be a catalyst in guiding her students to do the same.



SUSANNAH BEATTIE, RYT, is a Kripalu Yoga teacher who also leads mindful outdoor experiences. She strives to uplift and empower students of all ages, and brings lightheartedness and fun to her yoga classes. Susannah has been leading Kripalu's Yoga Summer Camp program for years.



STEVEN LEONARD (private meditation only), a Lead Faculty member at Kripalu, is a meditation educator, functional movement specialist, teacher trainer for the Kripalu School of Yoga, and a Mindful Outdoor Guide. His goal is to support individuals as they experience a deeper connection, both physically and mentally.

Life Coaching



IZZY LENIHAN is a certified life, career, and wellness coach who has helped thousands of people make changes in all stages of their lives for more than 25 years. Founder of Prescription for Life, she is a recognized inspirational speaker, workshop leader, and program director for businesses, organizations, and community integrative-health programs.