

Brooke Pilkington

Brooke is a certified:

Ayurvedic Practitioner
Spinal Flow Practitioner
Access Bars Facilitator
Yoga Instructor &
Birth Doula

Brooke supports people to reset their nervous system, release stress, anxiety, stored trauma & patterns of disease from their spine & body. She reminds people how to connect with their body & inner knowing & offers energy medicine classes & retreats around the world.

Angela Rocchia

beingwellwithbrooke.com

Angela is a Trauma-Informed

Somatic Life Coach Yoga &
Meditation Teacher, Energy Worker
and Founder of the Happy Hormone
Club. She has been leading groups
and individuals through personal
growth, trauma and nervous system
healing for over 15 years with the
harmonious blend of yoga, tapping,
meditation, energy work and
somatics.