

BIPOC

WELLNESS DIRECTORY

PRACTITIONERS

healing focused providers

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CREATORS

holistic based products and services

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studios and gathering places

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PRACTITIONERS

SEVAN ARABAJIAN-RIES

SOMATIC RELATIONAL COACH ~ ANCESTRAL LINEAGE HEALING
SOUND HEALING FACILITATOR ~ SPIRITUAL COUNSELOR & RITUALIST

My relational coaching explores attachment styles, conditioning, limiting beliefs, and shadow aspects—how they shape our relationships with ourselves, others, our environment, and our ancestors. As an Ancestral Lineage Healing Practitioner, I guide clients in connecting with their lineages and ancestral guides for deep healing, support, and blessings. I also offer sound healing as part of this transformative work.



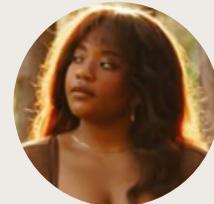
Queer
Nonbinary
SWANA
Mama

[Starry Serpent](#)

JADE BELL

REGISTERED YOGA INSTRUCTOR ~ HOLISTIC HEALER
MOON WORSHIPPER

Soulful, accessible yoga experiences that blend mindful movement, holistic healing, and lunar wisdom to support deeper self-connection and embodied healing.



Black Woman
Queer

[Salted Earth Yoga](#)

BRENDA BARRELES

PROFESSIONAL BRUJA AND INTUITIVE

Fuse art and magick in every piece and session. Handmade intentional products and services. Services include intuitive readings, magick classes and mentoring.



Latinx
Queer

[Tr3s Ojos](#)





MAO BECKETT

SOMATIC AND SPIRITUAL THERAPIST
RADICAL SELF-CARE COACH AND BESTIE!

Decolonizing mental health care, somatic reprocessing, and liberation-centered radical self-care



Child of Khmer refugees and immigrants from the ancestral lineage of Angkorian people

[Reset & Resilient Wellness](#)

CHASTITY

HOLISTIC LIFE COACH
ENERGY READER & PSYCHIC MEDIUM

As an esteemed teacher, mentor, and guide, Chastity is dedicated to empowering individuals to embrace their spiritual essence, unlock their innate wisdom, and cultivate a deep connection to the divine.



[Vivid Skiez Creations](#)

PARISA SHIRAZI CHAVOYA

YOGA GUIDE
SOUND & ENERGY HEALING GUIDE

Parisa guides weekly small group trauma-informed yoga classes for beginners and group sound & energy healing journeys. She also offers private individual, couples, and group sessions. Parisa finds joy in supporting others in exploring their mind, body, and spirit through intentionally curated embodiment practices.



Queer
Iranian

[Parisa Yoga Shala](#)





ARACELI ESPARZA

AUTHOR
CURANDERA WRITING FACILITATOR
FOUNDER

The Curandera Writing Workshops are a gentle space for self-reflection and healing through storytelling rooted in indigenous metaphors and practices. Students engage in guided writing exercises to reconnect with their inner voice, process emotions, and begin reclaiming their personal narratives in a supportive, Chicana/Latina/Latine -all are welcome.



Chicana ~ Poet
Daughter of Migrant
Workers

Araceli Esparza

ZOE FAULKNER

LICENSED MASSAGE THERAPIST

Traditional therapeutic massage, with energy work as needed



Zoe Faulkner

KAYLA GONZALEZ

YOGA INSTRUCTOR
WELLNESS FACILITATOR
SACRED SPACE HOLDER

Resilient Joy provides trauma-informed yoga, meditation, breathwork, and sacred ceremonies to support healing, connection, and joy. Offerings include local and international retreats, community workshops and gatherings, private and small group sessions, all grounded in culturally-rooted practices that honor ancestral wisdom and collective care.



Woman
Latina

Resilient Joy





YESSICA GONZALEZ

MLS ~ ORI TAHITI INSTRUCTOR
REIKI PRACTITIONER

Reiki, Guidance about organization skills, Dance Instructor (Polynesian dance). Professional dancer (teach how you can have your own performance in your event, XV, wedding, birthday celebration, baile sorpresa), planning your special date for a proposal.



Dragonflies
Ori Fit Fa'aitoito

YVETTE HILL

RBN ~ IBCLC

Nutrition Counseling, Lactation Services, Breastfeeding Support



Yvette Hill

CARA MASTIN

LPC

Bringing a solution focused and person-centered perspective to the field, Cara practices trauma-informed care and multiculturalism. She specializes in the care of LGBTQIA+ she enjoys working with teens, adults, couples and families.



Queer
Non-Binary
Black Person

Forward Choices

DANIELA MORGAN

LICENSED MASSAGE THERAPIST
CERTIFIED YOGA INSTRUCTOR

Massage; group, private corporate yoga



DMaree Wellness





MARICELLA NAYERI

LICENSED MASSAGE THERAPIST
ENERGY PRACTITIONER

I hold space for individuals to journey towards a place of remembrance and healing through offerings of 1:1 energy healing and body work sessions



MADre Wellness

MADIA NORTON

HEALING HEALR

Independent Contractor
Holistic and Creative Arts Workshop Developer
Space holder for Health and Wellness consultation
Sound Bath guide for Somatic Release
Space holder for LPC-IT



SheddingLight
Creatives

GRIZEL SANCHEZ

LICENSED ESTHETICIAN

GJS Skin & Soul Care is Milwaukee's WOC (women of color) face/body care/holistic wellness space. GJS Skin & Soul Care Studio focuses on providing a relaxing and judgement-free space for guest, focused on respect & self love.



Latina Business Owner
Bilingual

GJS Skin & Soul
Care

ANGELA SMITH

OWNER, THE ZEN DRAGONFLY

Life coach, Reiki Master Teacher service and learning sessions Tarot Bonecast readings, sound healings, tuning fork sessions, private small group or private 1:1 sessions, spiritual doula in old black folk tradition in Hoodoo, products made in my shop "the Offering. Headmistress for the "School of Good Juju."



The Zen
Dragonfly





XAVIER SMART

REIKI MASTER PRACTITIONER & TEACHER
ENERGY WORKER ~ SPIRITUALIST

I have a desire to work with our Indigenous communities, helping them to embrace the healing they deserve. Understanding the impact of white supremacy, colonization and patriarchal violence on the psyche and well-being of our Indigenous communities is so important in healing work and is something that I am constantly mindful of. There's ancestral knowledge and wisdom within us and I find gratitude and humility in supporting those that chose to work with me, especially our men, find their light and to nurture themselves and others.



Wanderous Xai





WELLNESS CREATORS

YANETH CERDA

FOUNDER

All our products are made with top quality raw materials, organics, natural ingredients, absolutely vegan, cruelty free & zero waste.

We offer workshops and customize soaps for any occasion.



Alquimia
Holistica

DULCE DURAN

FOUNDER

Chelotzin offers mindful plant experiences through hands-on workshops, plant maintenance, plant sales, and curated plant designs for spaces—helping people connect with plants as a form of healing, joy, and everyday ritual.



Queer
She/Her

Chelotzin

MICHELLE MILLER

OWNER ~ HERBALIST
EDUCATOR ~ MAMI

Organic small batch herbal teas made with intention and community workshops



Latine
Queer

Té Amo





BISAN MUNA

OWNER

Natural and organic skincare products

I am a proud Palestinian that is here to honor my heritage in which comes with growing and creating from the giving land. Here I create pure, natural and nourishing products. Every product reflects my intention of encouraging self-care.



Rumaneh
Nourish

SONIA VASQUEZ

HERBALIST
WELLNESS COACH AND ENTREPRENEUR

I focus on creating awareness about the importance of personal and environmental care, especially digestion, nutrition, movement, emotional health, and reconnection with nature as the main pillars of a healthy life. One of my main passions is to teach people how to create their own medicines and find alternative and creative ways to heal.



Latina Natural





WELLNESS SPACES

CORE EL CENTRO

HOLISTIC WELLNESS STUDIO

We are a non-profit organization offering affordable natural healing and wellness services in Spanish and English. Located in Walker's Point on Milwaukee's south side, CORE El Centro serves adults and children of all income levels. We offer integrative healing services such as acupuncture, massage therapy and bodywork; gardening and nutrition programs; children's wellness; social change through community health advocacy; and movement classes. Our goal is to inspire individuals, families and communities to achieve optimal health.

Contact: [Rocio Tronco](#)



SIGUE SANANDO STUDIO

HOLISTIC WELLNESS STUDIO

Spanish & English yoga and meditation
Reiki & Energy Code Energy Healing

Contact: [Grizel Sanchez](#)



BIPOC Studio

