

Alison Da Silva

Alison C. Da Silva is an established writer, healer, health coach, certified thai yoga therapist, and reiki master. She is the creator of an integrative health method to enhance people's well-being from within. She is also the creator of The Tree of Life Yoga Dance Therapy. In her 20 years of holistic care, she found the answer to her unwavering question, "Why do people act the way they do?" Having a pure interest in people's behaviors, attitudes, patterns, belief system, cultural inequality, race, and family systems, she realized it wasn't because of the broken health system; it goes far beyond that. She discovered through her holistic practice that people typically don't look for self-transformation help until he or she goes through a painful or traumatic life event, leaving them with unpleasant physical and emotional stressors. Alison's passion is to help individuals release those negative patterns that could be infringing on their physical and emotional well being.



"The ultimate power is when you realize that you are the creator of your own future. Embrace who you are from within and transform your average life to an exceptional adventure. Change your thoughts and you can heal your body."