

Angel Sierpina is a Chopra-certified Meditation instructor and a certified Ayurvedic lifestyle teacher. She has led meditation and wellness seminars and retreats since 2014 and teaches classes at Chopra Health Retreats in Carefree, AZ.

After thirteen years of working as an international flight attendant, Angel answered another soul prompting to become an advocate in the wellness and healing space. Angel's work is grounded in meditation, prayer, yoga, and Ayurvedic principles. She believes that change is possible in an instant when we seek to understand ourselves profoundly and recognize that our body-mind-spirit connection is vital to our healing and well-being. Angel founded Whole Mother, a movement encouraging mothers to find peace and support while raising their children. She frequently teaches for organizations that support mothers on their journey.