



**Cathy Trentalancia** Cathy has been meditating for over 25 years and has taught in schools, corporations, in studios and privately. Her career spans the fields of media, wellness and education. She worked on both Cosmos series with Carl Sagan and Neil DeGrasse Tyson, among other programs, received a Master's Degree in South Asian Studies from Columbia University, and developed professional development, interdisciplinary and mindfulness curriculum for K-12. Cathy teaches

meditation to sex trafficking survivors at Sanctuary for Families and Back to Humanity and collaborates on workshops with Holistic Life Training. She is a SEED (Seeking Educational Equity and Diversity) facilitator and a DOE Vendor.