

Rise Gatherings co-founder, Tami Astorino, M.Ed., has spent her career bringing people together over shared experiences to empower each other. Astorino, is a national speaker, yoga instructor, educator and plant powered nutrition enthusiast who facilitates empowering classes and retreat experiences. She combines her 25 years of experience in the fields of psychology and fitness to create opportunities for people to grow and experience more joy.

Tami brought her passion for building for health to her work as a school counselor and later to her work with national non- profits including Moving Traditions and InterfaithFamily. At the core of Tami's work is a belief in the power of listening to one's own voice as well as the voices of others to create both individual and systemic change.

Through Rise Gatherings, Tami blends her 25 years of leading transformational workshops for girls and women with her own experiences as a woman, mother, yoga instructor, and community lay leader. She is dedicated to creating the retreats she's always dreamed of for herself and women of all ages to access their fullest potential and rise together.