



Lacey Birch

CRANIOSACRAL THERAPY
BRAINSPOTTING
YOGA

PROFILE

After ten years working in tech, I transitioned into somatic healing work as a CranioSacral Therapist and Trauma-Sensitive Yoga Facilitator based in Silicon Valley. I support those with complex trauma, stress or burnout, and chronic pain.

SKILLS

- BLS Certified
- ABMP Member
- International Association of Healthcare Practitioners Member

YOGA TRAINING

Trauma Center Trauma Sensitive Yoga (TCTSY)- 300 Hour TT

ISHTA Yoga- 200h Hour TT

WORK EXPERIENCE

TCTSY Facilitator

Certification Completed March 2026

Facilitating trauma-sensitive movement sessions that include invitational language, present moment experience, and non-coercion.

Brainspotting

Private Practice | Birch & Bloom

Certification Completed October 2025

Facilitating trauma processing and integration by offering attunement to participants as they place their eyes on a fixed point.

CranioSacral Therapist

Private Practice | Birch & Bloom

March 2025- present

One-on-one bodywork sessions with patients while integrating trauma-sensitive principles into all sessions.

Yoga Teacher

Private Practice | Birch & Bloom

August 2024 - present

Teaching private yoga sessions specializing in Hatha, Yin, and breath work practices.

EDUCATION

Adelphi University

BFA Dance | August 2009 - May 2013