

Alisha attended Oak Grove School from 1996 to 1998, going on to pursue a 2-year International Baccalaureate degree at United World College in New Mexico. After taking a year off to travel in Israel and Europe, she completed her BA in Cultural Interdisciplinary Studies at Antioch College in Ohio. This degree afforded her the opportunity to explore her interest in Buddhist meditation, and she eventually wrote her senior thesis on, "Socially Engaged Buddhism." Settling in the Bay Area, Alisha worked in the care-giving community while also traveling in Burma and Thailand and deepening her meditation practice. An interest in body-work and healing led Alisha to get licensed as a massage therapist, and eventually she pursued a nursing degree, graduating as a registered nurse from College of Marin in 2014. Alisha later moved to Portland, Oregon, and worked at Emanuel Hospital with mothers and babies as a postpartum nurse. She continued to pursue other types of training, including Somatic Experiencing (Peter Levine), Biodynamic Craniosacral Therapy, and pre- and perinatal integration work with Ray Castellino. Alisha moved to Ojai at the end of 2018 and is currently working for Ventura County Public Health. She is a full-time public health nurse in the community, providing home visits with families, mothers, and babies. Alisha has continued to train with Ray Castellino and works one-on-one with clients, doing individual healing in private practice. She is deeply interested in supporting people in their growth, nervous system regulation, and body awareness.



### **Alumna Insights**

**"OGS had an incredible impact on me. It provided an open-hearted container for me to find myself at a time when I really needed that."**

**Alisha Musicant  
Class of 1998**