



“My time at Oak Grove gave me the opportunity to explore my spirituality as a young person: it increased my active engagement in and passion for the learning process, and provided me with lifelong friends.”

alumna insights

Niralli D'Costa

1994 - 1996

Niralli attended Oak Grove High School from 1994 to 1996. Her brief time at Oak Grove was pivotal in shaping her direction in life. After graduating from high school in Santa Monica, she decided to pursue her interest in the healing arts and became a certified massage therapist. She went on to attend UCLA's World Arts and Cultures program, graduating with a BA in Cultural Studies. After years of practicing bodywork and energy healing, Niralli decided to pursue her interest in Somatic Psychology and obtained her MA in Somatic Psychology at John F. Kennedy University. She is a Holistic Psychotherapist with her own private practice and serves as an affiliate faculty in the Spiritual and Depth Psychology program at Antioch University. Additionally, Niralli teaches in the Syntara System School of Energy Awareness and the MindBody Therapy Certificate program via online education platform Embody Philosophy. Her time at Oak Grove helped her build a strong spiritual practice as a foundation for her work as a therapist and teacher.