

Erica Wasinger

CRANIOSACRAL & HOLISTIC PRACTICE

Essential Herbs and Wellness — Founder, CEO, Biodynamic Craniosacral Therapist (RCST) • 2023–Present

- Provide biodynamic craniosacral therapy, Reiki, and herbal consultations to clients
- Built and manage business operations: web design (Hostinger), scheduling, administration, accounting, marketing, and social media outreach
- Teacher's Assistant, San Diego Craniosacral Collective

NONPROFIT BOARD & LEADERSHIP

High Tech Middle Mesa Parent Family Association (PFA) — President, Executive Board • August 2019–2021

- Led Executive Board; authored organization's bylaws
- Directed fundraising campaigns raising over \$2,000; researched and wrote grant proposals
- Oversaw finances and maintained financial compliance, including a full audit of PFA records
- Recruited board members and volunteers; delegated responsibilities across the board
- Served as ambassador for parents and school at campus, county, and state meetings
- Founding Secretary: maintained financial records, meeting notes, agendas, and governance documents
- Managed communications and outreach across Facebook, Instagram, and newsletter (Canva)
- Built and maintained the PFA website

San Diego Roots — Board Member • 2013–2014

- Served on the board of this nonprofit farm dedicated to educating, cultivating, and empowering sustainable food communities in San Diego County

African Library Project — Group Leader • 2009–2010

- Led a volunteer group fundraising money and books to establish libraries in Africa
- Mother/Baby Dyad — Lori Hendrickson, CST, 2026
- Introducing Primitive Reflexes; Assessment & Treatment of Tongue/Lip-Tie — Hazelbaker Lactation Institute, 2025

Herbalism

- Herbalist Training, Herbal Clinic Training, Herbal Clinical Apprenticeship — Self-Heal School of Herbal Studies and Healing, 2001–2002
- East West Planetary Herbalist, Professional Herbalist Course — East West School of Herbology, 2026 (400 hrs)

Yoga

- Registered Yoga Teacher (RYT-200) — Deep Yoga, 2009

Reiki

- Reiki I (Usui Shiki Ryoho), 2000
- Reiki II (Usui Shiki Ryoho), 2019
- Reiki Master (Usui Shiki Ryoho), 2021

SKILLS

Bilingual/Bicultural: Native Spanish speaker

Leadership: Organizational management, strategic planning, budgeting, financial oversight

Community: Culturally responsive family advocacy, active listening, team collaboration, adaptability