

Ellen Sichel

Ellen Sichel developed lupus after the birth of her younger daughter, and had chronic back and joint pain. In her quest for avenues to help her, she found gentle yoga and meditation quite beneficial. This led her to get advanced certification in gentle yoga and open a yoga studio. Another life challenge came with her younger daughter's diagnosis of Dermatomyositis, a form of Muscular Dystrophy (she is well now.) Ms. Sichel studied Mindful Based Stress Reduction techniques with Jon Kabat-Zinn of University of Massachusetts, and Awareness techniques at Duke Integrative Medicine. She coupled these with other trainings and business experience, to form Custom Calm, LLC: Custom Calm specializes in "no BS solutions to stress, pain, and illness." Ms. Sichel coaches, and contracts with the Cancer Support Community, Northside Hospital, and CEU events for professional caregivers. Her adult children Jennifer and Jamie have moved to other cities and are busy building their own careers.