Bio From “Inner Seasons”

Cia Ricco is the author of *Living As If Your Life Depended On It*, which sold thousands of copies by word of mouth, and the co-author of *From Self-Worth to Net Worth,* as well as four audio CDs. She had a radio program in the eighties, as well as having been a guest on various shows. She has taught at Kripalu Center for Yoga and Health, the Omega Institute, Wainwright House, the Open Center in NYC, and other venues, both public and private. She continues to lead programs both in-person and on Zoom, and is currently teaching a course on “Living, Aging, and Dying with Grace, Peace, and Harmony,” as well as conducting residential psycho-spiritual deep-dive retreats.

Cia is self-taught. She is an abuse survivor, being exploited by those she trusted in the modeling/acting industry in NYC in her late teens. At the time, no one reached out a hand to help. Motivated and inspired by her experience to make sure others always had support, she decided to be a “role model” instead and began a non-profit for the benefit of teens and young adults. Cia volunteered her services and worked with these age groups for more than 25 years. She built and ran a retreat center for 18 years in Costa Rica where she continued conducting programs for at–risk and disenfranchised youth while commuting to the US to teach adult workshops three times a year. She believes that “young people with dreams become adults with vision.” Her passion is to help people heal from trauma and teach them, in turn, to live their best lives at all ages.

Cia has been a therapist for forty years and a Tibetan Buddhist meditator for fifty. The combination of those two perspectives on life gave her an early and long-standing interest in the phases of life. Now that she is in her seventies, she has a greater appreciation for what those phases mean and for the challenges that come with transition.

Cia has also noticed that, with the rise of social media and screen time, especially for the young people she counsels, anxiety Cia believes that a connection with the natural world is an important antidote to mood disorders.

Cia has always had a passion for gardening and wild-crafting, where she could be around nature and animals and an environment filled with love. She has also explored and taught the medicinal properties of plants as a hobby. Cia has two adult sons, one of whom was adopted as a teen. She currently lives in Sarasota, Florida.

Basic Bio

Cia Ricco has worked and taught in the field of body-centered psychotherapy for over 35 years. She has had more than 50 years of experience with Tibetan Buddhist meditation practices as well as leading workshops and speaking internationally.  She was a frequent teacher at centers such as Kripalu Center for Yoga and Health, Omega, the NY Open Center, and many others. Her workshops have included Living As If Your Life Depended On It, Manifesting Abundance: Create the Life You Want, Love Sex and Soul, Discovering the Goddess Within, Deep Peace, and a trainings in Body-Centered Psychotherapy.

Ricco is the author of “Living As If Your Life Depended On It” and co-author of “From Self-Worth to Net Worth” she is currently co-authoring two other books including one with Jack Canfield and a book on the stages of human development called “Inner Seasons”. Cia has also produced several audio CDs.   
  
Her methodology is unique and based upon the Twelve Gateways she has developed and outlined in her first two books. A student, practitioner and teacher of Buddhist and other meditation and healing techniques for over 50 years, Cia brings a sense of safety, serenity, and spirit to her life and work.

When Cia Retired from her full-time psychotherapy practice in NYC, she moved to Costa Rica where she built and ran a retreat center. She ran healing retreats, women’s retreats, teen retreats, couple’s retreats, Ayahuasca retreats and more during her 18 years in Costa Rica. She now works with private clients, couples and families largely on Zoom and offers in-person sessions in heart-centered therapy and life coaching for accessing your own inner guidance in order to live a more integrated, authentic, and conscious life.   
  
For those traveling from a distance, Cia offers private in-person intensives and residential healing retreats in Sarasota, FL. She also travels to teach around the country and internationally. She is currently featuring a series of Deep Dive Psychotherapeutic Retreats with the option of substance-enhanced journeys to increase the depth of perception, heal from trauma, and deepen the connection with all that is.

As the executive director of “Visions and Dreams for Creative Learning Youth Programs, Inc.” Cia also provides retreats for youth and families. She has a particular passion for working with youth on the autism spectrum, or related developmental delays and sensory processing challenges and well as young people recovering from trauma or addiction.