

Megan Sicheri

Megan centers inclusive community in everything she does. Her wholehearted commitment to equity and wellbeing for all is evident in her work and way of living. She is the Co-Founder and Director of Programming of the nonprofit organization Open Up. Open Up's mission is to teach mindfulness tools through movement and expressive arts practices that center individuals living with disabilities but are for every body. Her longest-running program Open Schools brings mindfulness and movement to students ages PreK - 21 in many schools in the city of Pittsburgh.

Megan is a graduate of The University of Pittsburgh with a degree in Marketing. She runs a registered yoga school and empowers participants with disabilities by teaching them to become yoga facilitators and leaders in wellness spaces. Her passion and ability to connect with people by meeting them where they are is her superpower.

She can be contacted at msicheri@open-up.org.