

Wings: Episode 15: Sensing & Integrating



<https://open.spotify.com/episode/2lmMz0C6BYLvUi4izquq7d>

<https://podcasts.apple.com/us/podcast/episode-15-sensing-integrating/id1602791277?i=1000558318740>

In this episode of Wings Podcast we meet Farida Lokhandwala, a young healthcare practitioner born and raised in Mumbai, currently living and working in San Francisco Bay Area. With a bachelors degree in Occupation Therapy from the prestigious T. N. Medical college of Mumbai, Farida went on to do her Masters specialising in Sensory Integration Therapy at University of Southern California at

Los Angeles. Her work is helping differently abled children and adults to find a dignified life for themselves. Outdoor camping in California and being a mother to a four-and-half year daughter provides Farida the energy to be who she is.

Farida Lokhandwala can be reached at:
Instagram

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