



*Lorena*

# LORENA RIVERA

## Yoga Instructor, Entrepreneur, Retreat Planner

Lorena Rivera is an intrepid yoga instructor who embarks on inspiring teaching adventures around the world. With a deep love for travel and a passion for sharing the benefits of yoga, Lorena's journey takes her to captivating destinations where she spreads her teachings far and wide. Lorena's teachings transcend borders as she connects with individuals from all walks of life, sharing the transformative power of yoga. Through her classes, workshops, and retreats, she creates a nurturing space for students to deepen their practice, cultivate self-awareness, and find inner peace.

## CONTACT

✉ iamlorenars@gmail.com

☎ + 305.775.3547

📍 Puerto Rico

## EXPERTISE

- Power Yoga
- Vinyasa Yoga -ERYT200
- Yin Yoga
- Yoga Sculpt
- Event Planning
- Strategy and Logistic

## CERTIFICATIONS

CPR

## EDUCATION

Yin Yoga - 25 HRS 2023

- Yinpiration

YOGA SCULPT - 50 HRS 2022

- Core Power Yoga Corporate

500 RYT 2022

- My Vinyasa Practice - Dallas, Texas

Yoga Empowerment -30 HRS 2020

- Yoga Joint, Fort Lauderdale, FL

200 RYT 2019

- Yoga Joint, Fort Lauderdale, FL

Bachelor in Marketing 2013

- Sagrado Corazon, Puerto Rico

## WORK EXPERIENCE

**FOUNDER - WELLNESS** 2021- Present

Coco and Pineapple

- Schedule appointments for instructional sessions, including yoga, wellness, and tourism activities
- Sustained active participation during sessions with 20 participants
- Planned and coordinated all leaders, students, hotels and transportation to ensure smooth execution.
- Provides exceptional customer services to the clients

**GROUP YOGA INSTRUCTOR** 2023 - Mid 2024

Equinox

- Continuously monitor the exercise intensity throughout the duration of the class;
- Communicate with Group Fitness Manager on member feedback, equipment and operational status, scheduling, and subbing;
- Deliver the Equinox Experience to our members in each class;

**YOGA INSTRUCTOR** 2022- Mid 2024

Core Power Yoga

- Serve the community and provide a consistent safe space for all to practice by educating students on alignment, offering modifications for postures as appropriate, and consistently using CPY cueing formulas
- - Act as an in-studio ambassador for all current CPY initiatives and business streams including but not limited to All Access Membership, programming and lifestyle programs, retail, etc.

**YOGA INSTRUCTOR** 2022 - Mid 2024

Hanu Yoga former Green Monkey

- Created a Vinyasa Flow for people to feel empowered during the day.
- Helped people remember their deeper purpose; helped people create health in their bodies; offered everyday wisdom and a place to relax and take care of themselves.

**YOGA INSTRUCTOR** 2021 - 2023

Om Beats

- Designed yoga class sequences and integrated lesson plans, including vinyasa and flow formats for beginner and advanced students.
- Helped students develop their body and mind awareness, as well as physical strength.