



PERSONAL SAFETY / YOGA / NIA DANCE

LEE MOZENA

ZENA WELLNESS / FOUNDER & OWNER

PROFILE

Lee has studied and taught a variety of movement arts for 20+ years.

Her approach to safety and wellness focuses on strengths and challenges females all over the world share in each age and stage of life.

EXPERTISE

- Aging and wellness
- Interactive training design and delivery
- Interpersonal communication
- Cross-cultural communication

OTHER SKILLS

- Motivator
- Intuitive
- Keen observer
- Excellent listener

CONTACT

Phone: 206.368.9608
Email: lee@zenawellness.com
Web: zenawellness.com

WELLNESS & FITNESS WORK EXPERIENCE

ZENA WELLNESS– Founder & Owner, 8 years

- Responsible for all aspects of teaching weekly Nia Dance classes; including customer care and managing a home studio
- Wrote and received grants from the cities of Seattle and Redmond, Washington, to lead Nia Dance classes for underserved women
- Two Dog Yoga Studio, substitute instructor for 90-minute classes

LA FITNESS– Instructor, 7 years, 60-minute classes, all levels

- Hatha Yoga and Body Sculpt, up to 30 students each, once weekly

MOVEMENT ARTS CERTIFICATION

- Pretty Loaded Affiliate Training with Beth Warford, CEO
- The Center for Yoga of Seattle, 200 Hour RYT, national certification with Richard Schachtel, Founder & Owner
- Nia Dance, White Belt Training with Debbie Rosas, Founder & Owner
- Full Circle Tae Kwon Do, White Belt Master with Master James Chang
- Red Cross CPR and ADR training– renewed annually

ACADEMIC & CONTINUING EDUCATION

M.A. Sociology, The New School
B.A. Communications, Temple University
Training Specialist, University of Washington
Adaptive Community Leadership, Saybrook University
Basic Facilitative Mediation, Skagit County Dispute Resolution Center

Zena Wellness is a DBA of Zena Consulting LLC, a Washington-certified OMWBE DBE, # W2F0023839