

KARENA

Virginia



**MEDIA
KIT**

KARENA

Virginia

Karena is an internationally celebrated kundalini yoga instructor, intuitive healer, motivational speaker, blogger, author and mindfulness coach.

Her passion is to help others to activate their soul's true purpose and live in alignment with their highest potential. She incorporates the art of allowing, authenticity, integrity and vulnerability into a feminine presence that embodies both strength and gentleness.

Karena spent years working as an actress and model, and during the years of pounding the pavement she realized the strong calling in her soul to help as many women as possible to recognize their worth. She now shares the ancient wisdom and healing she began studying in her teens in a highly accessible and uplifting style. Karena is uniquely positioned as a bridge, guiding people from all walks of life to dive deeper into their abundant and miraculous reservoir of magic.

Karena's work incorporates many modalities. From private clients to her acclaimed new book, her videos, blogs, articles, workshops, presentations, the message running through is about rising up, gracefully standing strong and continuously breaking through. There is so much strength in vulnerability and truth, and we all have the powerful birthright to courageously shine the hidden gems within us. Karena believes that the time is now.

Drawing upon her belief that love is a powerful creative force, Karena's mission is also to facilitate global healing by nurturing the capacity for compassion towards ourselves and others. She shares that the more we connect and support each other's healing and growth, the more we benefit as a global community.

Karena is the author of the amazon bestselling book, "Essential Kundalini Yoga" which was published by Sounds True in 2017. She also produced the full length video compilation,

“The Power of Kundalini Yoga”.

Her IOS app, “Relax and Attract” is available free of charge to help people relax and escape from stress. Her writing can be found in a number of outlets.

She has appeared on numerous media outlets and interviews including CNBC, ABC, Veria Living, Bravo TV, Elevated Existence Magazine, Hay House, and she was featured on the cover of Yoga Journal in September 2018 with a feature article of finding joy again with ancient science from India.

She is a member of Oprah’s Belief Team, the Conscious Good Advisory Board, the UN Spirituality and Sustainability Conference and the co-founder of Above and Beyond, a support group for teens. She is also a volunteer and supporter of Camp Jinka, a place for teens dealing with the effects of brain cancer. Karena has participated in events such Forum on World Religions at the United Nations and Parliament of World Religions. Karena has been recognized by the Southern Poverty Law Center for her contribution in the fight against hatred and intolerance in America, and is passionate about supporting young people and all those in need as an ongoing form of active personal prayer.

Karena is a pioneer in the #metoo movement, and has been recognized by many for her courage in standing up against sexual assault. Her work has been acclaimed by Oprah Winfrey, Bruce Springsteen, Alan Arkin, Seane Corne, Dr. Kelly Brogan, Snatam Kaur, Dr. Dharma Singh, Belinda Carlisle and a wide variety of celebrities and professionals.

Karena’s core teaching is that the universal wavelength of love is at the center of everyone’s being. Karena’s passions include God, love, giving back, antique shopping, community, friends and family. She loves to cuddle up on a snowy day near a fireplace with music, candles and company. Karena resides in the suburbs of New York City with her husband, two children and puppy, Gracie.

For bookings and additional information, [please get in touch here](#).

Karena Virginia



KARENA
Virginia