

SUPERHERO

"RETURN BETTER THAN YOU LEFT"

After 20-ish years in consumer electronics working as a brand strategist and marketing professional, Cindy hit a wall: approaching age 40 with an MBA and many exhausting years of product launches, guiding people and managing budgets under her belt, she made a totally stereotypical mid-life crisis move and opened a yoga studio ([Kava Yoga](#), Long



CINDY ZACKNEY

Beach) in 2010. After ten fulfilling years, skyrocketing rent and a global pandemic, it was time to bring everything full-circle: her combined corporate and small business experience in the wellness industry now brings a unique and well-rounded perspective to corporate clients seeking better mental, physical and spiritual health.

