

# **Trina Requena**

## *Integrative Alignment Guide*

Vision Branding

CORE MESSAGE

TONALITY

BRAND FACE

UNIQUE APPROACH

VISION & MISSION

PILLARS

VALUES

PERSONA

**creating a  
*strong*  
foundation**

When we align *body, mind,*  
and *heart*, life begins to flow  
with ease.

My work guides you to *build*  
*the stability* that allows new  
depths of stillness, clarity,  
and joy to *unfold within*.

CORE MESSAGE

# For most of my life, I was searching.

I never felt right where I was and kept looking for the place where I belonged. In my twenties, I travelled the world and worked as international cabin crew. I was constantly in the air and had lost the ground beneath my feet. I was surrounded by people but felt lonely. I kept moving from place to place without any real direction.

**One night**, as we were flying back from Greece, I sat alone in the quiet cabin and looked out into a sky full of stars. In that stillness, something inside me became clear.

I realised that I needed to dedicate my life to something bigger, something that truly mattered. Not on the outside but on the inside, on the level of the heart. That was what I had been longing for so deeply myself. That night, I decided to take responsibility for my life. I left my job and began training as a yoga teacher.

**It was the beginning of a long journey inward.** Over the last three decades, I discovered that aligning the posture not only influences the body, it shapes the way we live. When we create stability in the body, we find freedom in the mind and openness in the heart.

This understanding, together with the beauty of life and the birth of my two children, sparked my curiosity to explore different modalities that support the body, mind, and heart and to help people transform on every level.



BRAND FACE

# We have the *capability* and it's your *responsibility*

Many people today feel disconnected and out of alignment with themselves leading to states of anxiety and unfulfillment.

When we create alignment on all levels — body, mind, and heart — we can build a strong foundation from which ease, joy, and clarity can naturally arise.

My vision is to support a global shift, one person at a time, guiding us to become heart-led leaders of our own lives.

VISION

# If life is aligned it starts flowing naturally

My mission is to enable people to take responsibility for their own growth and to begin leading their lives from the heart.

Through attentive observation, mindful movement, and embodied awareness, I guide others to align body, mind and heart, creating the stability that allows stillness to arise and the heart to lead the way.

This work is not about quick fixes but about cultivating lasting transformation — a deep shift that just unfolds when we feel safe enough to stop looking away, to start listening, and to meet ourselves as we truly are.

MISSION

# **My values - *My compass***

## **Holistic Alignment**

Living in harmony with body, mind, and heart. Alignment means recognizing the human being as an interconnected system and finding balance on all levels of being.

## **Deep Connection**

Building deep, authentic relationships. True connection begins within. When we reconnect with our feelings, breath, and inner wisdom, we begin to feel whole again

## **Heart - Leadership**

Leading with love, courage, and trust. Heart-led leadership means taking responsibility for our choices, acting with compassion, and speaking our truth with kindness.

## **Presence & Leadership**

Cultivating awareness as the ground for transformation. Stillness is not the absence of movement but the space where we can truly listen, observe, and respond with clarity. Presence allows us to meet life as it is — calm, aware, and open.

## **Energetic Flow**

Allowing life to move freely through us. When energy is blocked, we lose connection to our natural vitality. By releasing those blockages life force, creativity, and joy can flow again.

## **Integrity**

Walking the talk. Integrity means showing up consistently, honoring our word, and living what we teach. It is the quiet strength that builds trust in ourselves, our process, and the spaces we hold for others.

**VALUES**

# **Come as you are, with whatever brings you here**

Commitment to change



Self-Awareness



Spiritual Background



Emotional Openness



Experiences



Some come with the intention to move their body, release tension, or regain energy, but soon realize that the missing piece lies much deeper. On the outside, life may appear steady, yet inside many people feel tired, disconnected, or uncertain. They've spent years holding everything together, caring for others, and meeting expectations, but deep down, they sense that something is missing - a longing to feel more like themselves again.

What they are truly seeking is alignment, trust, and the courage to live a life guided by the heart. They need to discover this for themselves and feel capable of taking the next step. That's why they set the pace and decide when they are ready. One step at a time. I'm here to hold space in ways that meet them where they are and to gently guide them as they rediscover their center — the place within that feels whole, steady, and true.

PERSONA

# *Your body* is a doorway

"A misalignment in the body clouds the mind. A restless mind closes the heart. Likewise, a steady body allows the mind to focus, and the heart to open."

Alignment, Stability, and Stillness are not separate practices; they are a continuous movement like a spiral rather than a ladder. All three pillars must be addressed on every level — physical, mental, and emotional — because each layer reflects and influences the others.

When we realign the body, mind, and heart, we create harmony.

When that harmony finds stability, we gain trust.

And from trust, stillness naturally arises and reveals our truth.  
Stillness is not the absence of movement, but a representation of presence and ease.

PILLARS

	<b>Alignment</b>	<b>Stability</b>	<b>Stillness</b>
<b>Body</b>	<i>Balance</i>	<i>Strength</i>	<i>Openness</i>
<b>Mind</b>	<i>Clarity</i>	<i>Focus</i>	<i>Ease</i>
<b>Heart</b>	<i>Direction</i>	<i>Thrive</i>	<i>Compassion</i>

PILLARS

## Body

### Alignment

Bringing posture, breath, and movement into harmony so energy can flow freely.

## Mind

Clarifying thoughts and beliefs to create mental coherence.

## Heart

Aligning with authentic values and inner direction.

### Stability

Building strength to create a stable foundation and a feeling of being safe and capable.

Cultivating trust and steadiness to anchor focus and reduce reactivity.

Anchoring inner truth and trust to guide actions with confidence and integrity.

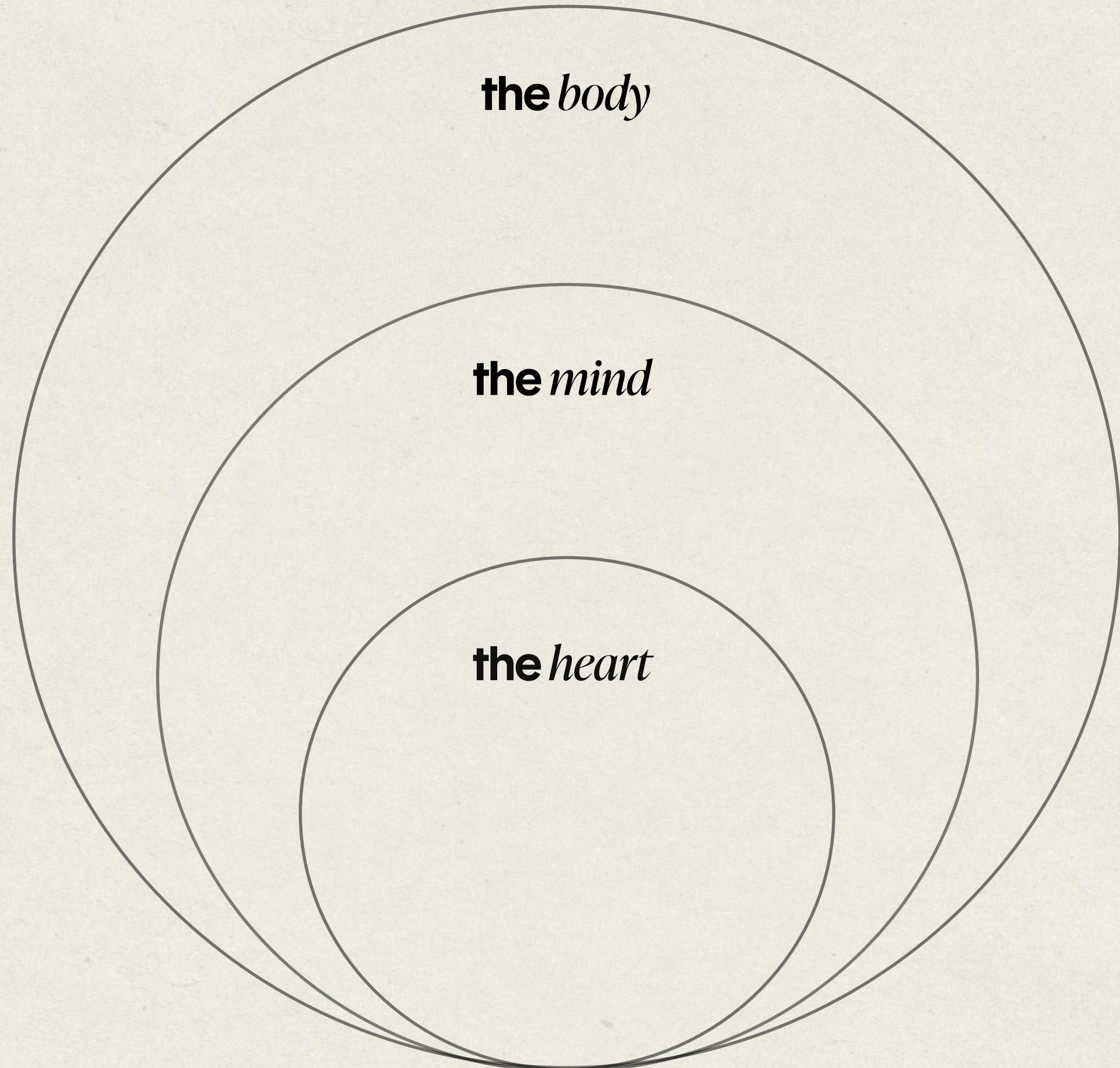
### Stillness

Developing somatic awareness to expand the scope of possibility.

Quieting mental noise, create clarity and a sense of ease.

Opening to joy, gratitude, and connection allowing love to move freely.

PILLARS



# **supporting *heart-led* transformation through the body and the mind**

My approach is rooted in this interconnection. Just when we create alignment and stability on one level, the next level naturally begins to open. We can then see where we are out of balance and repeat the process.

This journey is not linear. It's fluid and always changing. Through awareness and trust, we learn to move with it. As we do, we start to live from the body's intelligence, the mind's clarity, and the heart's wisdom.

When alignment, stability, and stillness come together, we experience a sense of coming home — a deep feeling of safety, love, and presence within ourselves.

UNIQUE APPROACH

**start with  
the body**

Group  
Yoga  
Session

1:1 Yoga  
Session

**start with  
the mind**

1:1  
Coaching

**start to  
explore**

**ready to  
dive deep**

I start working with my clients wherever they feel safe right now. It's not my goal to push boundaries or decide what the next step should be. I trust that when safety and connection are present, transformation begins to unfold in its own perfect timing.

My clients don't need to know what's wrong or why something feels off. We will explore every layer of being through movement, conversation, and awareness so that misalignment naturally starts to reveal itself, even the unconscious aspects.

When the body feels safe and capable, the mind softens, and the heart begins to open. Layer by layer, awareness deepens and new possibilities appear.

Based on the three pillars of Alignment, Stability, and Stillness, my work creates the foundation for heart-led lasting change always guided by compassion, trust, and consistency on every level.

UNIQUE APPROACH

# The tone is the practice — *calm, clear, and full of care*

## Alignment

Creates stability, focus, and awareness. The words flow from presence and experience, helping others feel safe and centered.

## Heart-Centered

Guided by compassion, care and intuition. Every interaction is rooted in empathy and the wish to see people thrive.

## Reflective

Creates moments of pause and self-awareness. It invites honest introspection and curiosity, helping insight arise naturally.

## Nurturing

Provides safety and non-judgmental support. It helps people relax into the process, allowing transformation to unfold gently and in their own time.

## Inviting

A gentle openness that welcomes everyone, never pushy. By offering possibilities people feel able to try and explore.

## Empowering

Encourages self-trust and responsibility. It inspires confidence and reminds people that growth comes from within.

TONALITY

# Together we *thrive.*

This document is here to bring clarity. It's a framework to help you make decisions with more ease and alignment. But clarity doesn't mean rigidity. Things will move and change, just like you. Your brand is alive. It grows with you, shifts with your voice, and shines as you do.

