Presenter: Valerie Gomez

Session & Time: Oral II

Room/Time: GUZ 113 / 2:30-3:30

Discipline: Business Administration

Faculty Mentor: Wayne de Fremery

Digital Portfolio URL: https://sites.google.com/students.dominican.edu/valeriegomez/home6053821

Title: Entrepreneurship

Abstract:

InnerSense is a community-focused yoga studio designed to address the lack of affordable wellness spaces for individuals who cannot access traditional yoga studios due to high costs. The studio provides inclusive, low-cost yoga classes that promote mindfulness, physical health, and personal growth in a welcoming environment for people of all backgrounds and experience levels. InnerSense primarily serves students, working adults, and low-income community members who seek accessible opportunities for stress relief and holistic well-being. The studio will operate using a mixed model that includes sliding-scale memberships, community partnerships, and donation-based classes to maintain financial sustainability while prioritizing accessibility. In the long term, InnerSense aims to expand its impact by building a supportive wellness community and redefining yoga as a resource that is available and welcoming to everyone.