

Lieths Hecchavarrria

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Professional Summary

Passionate and dynamic professional with extensive experience in the performing arts, cultural exchange, and wellness. Certified yoga and group fitness instructor with a proven ability to lead diverse groups, foster meaningful connections, and create immersive experiences. Newly certified tour guide specializing in cultural, wellness, and adventure-focused tours, blending expertise in performing arts and travel to craft unforgettable journeys.

Certifications

- Certified Yoga Instructor (Vinyasa & Restorative Yoga)
 - Certified Group Fitness Instructor
 - Tour Guide Certification – Trip School
 - BA in Interdisciplinary Studies (Focus: Cultural Investigation of the Performing Arts in Latin America and the Caribbean)
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Skills

- Tour design and group leadership
 - Exceptional storytelling and communication skills
 - Cultural heritage and performing arts expertise
 - Fitness and wellness coaching
 - Bilingual: Fluent in English and Spanish
 - Customer service and client relationship management
 - Event planning and coordination
 - Adaptability and problem-solving
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Professional Experience

Independent Tour Guide & Experience Host

2024 – Present

- Design and lead cultural, adventure, and wellness-focused tours that connect travelers to local traditions and history.
- Create immersive, theme-based experiences rooted in performing arts and cultural heritage.
- Provide exceptional customer service and build meaningful connections with clients from diverse backgrounds.

Performing Arts Specialist & Cultural Exchange Leader

2015 – Present

- Organized and led international group trips focused on cultural immersion and performing arts in Latin America and the Caribbean.
- Facilitated workshops and events highlighting Afro-Cuban dance and African diaspora traditions.
- Developed programs that foster cultural exchange and celebrate heritage through dance and storytelling.

Yoga & Group Fitness Instructor

2019 – Present

- Taught Vinyasa, Restorative Yoga, and group fitness classes to clients of all ages and skill levels.
- Integrated wellness principles into classes, promoting physical and mental health.
- Specialized in creating inclusive, community-focused sessions for diverse groups.

Teaching Artist & Choreographer

2010 – Present

- Delivered dance and performing arts instruction in schools, community centers, and corporate settings.
- Developed and implemented curricula focusing on Afro-Cuban and African diaspora dance.
- Inspired creativity and cultural appreciation in students through choreography and performance projects.

Education

Lehman College, New York, NY

BA in Interdisciplinary Studies

Focus: Cultural Investigation of the Performing Arts in Latin America and the Caribbean

Graduation Date: December 2024

Hobbies & Interests

- Traveling and cultural exploration
- Storytelling and performing arts
- Yoga and mindfulness practices
- Organizing wellness retreats
- Adventure activities like hiking and nature walks