



SHELBY LAFRINERE

TOUR DIRECTOR/GUIDE

CONTACT

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 shelbylafrinere@gmail.com

 Zephyrhills, FL

 TPA; MCO; SJO

 <https://travelcampfire.com/guide/shelbylafrinere/>

CERTIFICATIONS

- Anti-Racism Facilitation
- Climate Reality Leadership
- Leave No Trace
- Yoga Therapy 500 Hour
- Associate Polarity Therapy
- First Aid & CPR

PERSONAL INTERESTS

Hiking, Camping, Travel, Dance, Cooking, Meditation, Learning, Singing, Being Kind

DESTINATION KNOWLEDGE

-U.S. National Parks	-Las Vegas	-Big Island Hawai'i
-Music Cities	-Denver/Colorado	-Appalachia
-Deep South	-San Francisco	-Gulf Shores
-Civil Rights	-NYC	
-Southwest U.S.	-Los Angeles	

RELEVANT EXPERIENCE

TOUR DIRECTOR (Driver/Guide)

WINDIGO USA / 4 years

- Small group 3 week adult and family camping and hotel roadtrips through California and the Southwest cities and national parks
- Small group 2 week adult hotel roadtrips on music and history NOLA to NYC

LUXURY TOUR GUIDE (Driver/Guide)

KAILANI TOURS HAWAII / 1 year

- 11 hour day trips of the Big Island educating on culture, history, food, and ecology with elevated customer experiences

MANAGER | YOGA THERAPIST | YOGA TEACHER TRAINER

PROGRAM DIRECTOR for MULTIPLE COMPANIES / 15 years

- Increased membership at Pilgrimage Yoga by 87% in one year resulting in creation of 7 new full time positions
- Managed team of 40+, oversaw programming for 1,000+ members
- Focus: chronic pain, nervous system regulation, pedagogy, methodology

PROFESSIONAL DANCER - Hip Hop | Contemporary

SOLOIST and ENSEMBLE FOR MULTIPLE COMPANIES / 5 years

COOK | SERVER

WHOLE WORLD; NORTH STAR CAFE / 4 years

ACADEMIC BACKGROUND

Metropolitan State University of Denver

BA Environmental Leadership & Global Interaction / 2016-2019

- Honors Program
- Academic Scholarship Recipient
- Selected thesis presenter at the Western Regional Honors Conference
- EcoRep with Auraria Sustainable Campus Program