



NEW YORK STATE SENATOR

Diane J. Savino

Karen Torrone

DIANE J. SAVINO May 13, 2013



Women of
DISTINCTION
HONORING WOMEN IN NEW YORK

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Award: HONORING WOMEN IN NEW YORK

Year: 2013

Karen Torrone, a native Staten Islander, was introduced to community service as an adult when she joined the local organization, World of Women, in 1999 and was elected vice president in 2000.

As the current director of 5 Boro Power Yoga and a Certified Yoga Life Coach, the seeds of community service were planted during her time with the World of Women. By the time she opened 5 Boro Power Yoga in May 2011, there was no question about giving back to the community. The very first class at the yoga center was donation-based, with the proceeds going to a local family who lost their home in a fire. From then on, donation-based yoga classes began, raising money for the World of Women Domestic Violence Program, local and worldwide organizations and people in need.

Some of the people and organizations that have benefitted from Ms. Torrone's generosity include Flags Across America, funding for local artist Scott Lobaido, The Give Back Yoga Foundation, the Africa Yoga Project, The American Cancer Society for Breast Cancer Awareness, Project Hospitality, Invisible Children, Rolling Thunder Toys for Children of Soldiers and Soles4Souls, Inc., to name a few.

Ms. Torrone's unstinting efforts have distinguished her as a dynamic advocate for the needs of her Staten Island community. At the onset of Hurricane Sandy, she co-founded Guyon Rescue. This not-for-profit, volunteer grassroots organization's mission was to provide immediate assistance to the thousands of Staten Island families that were affected. Since October, yoga studios from around the country and Canada have joined in the effort by holding donation-based yoga classes to provide funds to support Guyon Rescue.

For all her efforts, Ms. Torrone has been recognized with awards from the Staten Island Business People (SIBP) and from NYC Comptroller John Liu and has been featured in the

Staten Island Advance and on NY1 for her donation-based yoga classes. Ms. Torrone is inspired by the words of St. Francis of Assisi, “for it is in giving that we receive,” and believes that each day is a gift and an opportunity to lead by example.