

PRESS RELEASE

Contact: Kate Connerty
connertykate@gmail.com



Ryann Lofchie Joins The Innerwork Center as Programs Director.



(Wednesday, May 24, 2023) [The Innerwork Center](#), a growing wellness-based non-profit located in the museum district within walking distance of Carytown, is excited to announce their new Programs Director, Ryann Lofchie, who's official start date was May 1, 2023.

The Chicago native's truest passion, and the throughline throughout her career, is creating the conditions that enable people to thrive. She has been a business owner, a CEO, a business strategist, an executive coach, a life coach, and a yoga instructor. Her company was awarded The Top 50 Best Places to Work consecutively, along with a nod from RTD as Richmond's Top Workplaces.

Lofchie has advised over 200 small business clients on building heart-centered businesses and supported CEOs in finding more balance in their lives. She has written and facilitated leadership development programs for Fortune 500 organizations which empowered leaders to seek their truth and authentically align their work with their values. Lofchie has served on the board of directors for Homeward and Patrick Henry Charter School.

"Ryann brings this extensive business experience along with her drive for personal and spiritual investigation to her role as Programs Director for The Innerwork Center," says Rachel Douglas, Executive Director of the Innerwork Center. "She is joining us at the perfect time as we enhance our strategy with innovative ideas to meet individuals where they are within their wellness journey, offering a variety of tools that will strengthen our community as a whole."

Lofchie resides in Richmond, VA with her children, Kate and Dylan. She enjoys playing board games with her kiddos, cooking meals with her partner, Andy, spending time in her garden, reading non-fiction books, and taking long walks with her family's pitty mix, Millie.

###

The Innerwork Center is a catalyst for well-being through programs that inspire curiosity, cultivate mindfulness, and awaken the spirit. More at www.InnerworkCenter.org.