



Master in Serenity, creator of the **5 Min Relax method**, assisting individuals and organizations internationally to restore harmony and well-being in their day-to-day lives.

Pilar Herreras
MASTERING SERENITY

PILARHERREROS.COM

CERTIFICATES, TRAININGS, WORK EXPERIENCE AND SPONSORSHIPS.

New World School of the Arts

Miami | 1988-1998 Dance and theater department.
Teacher, student, and performer.

PhysicalMind Institute

New York | 1996 Pilates Instructor Certification

Core Dynamics Pilates

Miami | 2000 Pilates Instructor Certification

Coach Diana Jaramillo & Marcos Gonzalez

Miami | 2011 Usui Reiki Master Certification

The international Center for Reiki training

Sedona | 2012 Holy Fire® Reiki I and II Certification

Gurdjieff and Unity spiritual education

Miami | 1990-2024 Continuous courses of inner development, and meditation trainings.

Mind-Body-Essence Pilar's Studio.

Miami | 1998-2024 Pilates, Reiki, Meditation,
Life Coach Facilitator and Instructor.

Be Pilates Center

Miami | 2010-2024 Collaborative work

SPONSOR SHIPS

COLLABORATING TO SUPPORT THE
WELL-BEING & MENTAL HEALTH FOR A
BALANCED AND HEALTHIER LIFESTYLE.



Blanca Commercial Real Estate.
EEUU | 2017-2022



Culpa S.L.
Spain | 2018-2023



Soluciones Nueva Era
Spain | 2017-2022

ANONYMOUS SPONSORSHIPS

Thanks to them, we were able to teach the **5 min relax** method, meditation and breathing techniques to members, students, teachers, and staff, creating a long-term impact for numerous underprivileged children.

Asociación de Reinserción Social de Menores Anchieta.

Tenerife 2022

Lotus House Organization

Miami 2018-2020 y 2023-till today

School Programs Women of Tomorrow

Miami 2017-2021

Thomas Armour Youth Ballet INC ·

Miami 2019-2020 y 2024-2025

Miami-Dade County Public Schools Programs.

Miami 2019-2020 y 2024-2025

- Miami Gardens Elementary
- Morningside K-8 Academy
- Pine Villa Academy
- Miami Heights Elementary
- South Miami Heights Elementary

Thanks to the support of our sponsors, my book has become a reality. Their generosity has brought the 5 Relax method to life, allowing us to connect with a broader audience worldwide.