

Application Form

Profile

Rachel R Corona
First Name Middle Initial Last Name

[Redacted] Suite or Apt

Brentwood CA 94513
City State Postal Code

[Redacted]

[Redacted]
Email Address

District Locator Tool

Resident of Supervisorial District:

☒ District 3

Yoga Six Yoga Instructor
Employer Job Title

Length of Employment

16 months

Do you work in Contra Costa County?

☒ Yes ☐ No

If Yes, in which District do you work?

District 3

How long have you lived or worked in Contra Costa County?

7 years

Are you a veteran of the U.S. Armed Forces?

☐ Yes ☒ No

Board and Interest

Which Boards would you like to apply for?

African American Holistic Wellness and Resource Hub Transitional Community Advisory Board: Submitted

Seat Name

Have you ever attended a meeting of the advisory board for which you are applying?

☒ Yes ☐ No

If Yes, how many meetings have you attended?

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Education

Select the option that applies to your high school education *

☒ High School Diploma

College/ University A

Name of College Attended

Los Medanos

Degree Type / Course of Study / Major

Associates in Sociology

Degree Awarded?

☒ Yes ☐ No

College/ University B

Name of College Attended

Cal Poly Humboldt

Degree Type / Course of Study / Major

Bachelors of Social Work (senior year)

Degree Awarded?

☐ Yes ☒ No

College/ University C

Name of College Attended

Degree Type / Course of Study / Major

Degree Awarded?

☐ Yes ☐ No

Other Trainings & Occupational Licenses**Other Training A**

Trauma Informed Yoga

Certificate Awarded for Training?

☒ Yes ☐ No

Other Training B

Trauma Informed Assistant Teacher for ECE

Certificate Awarded for Training?

☒ Yes ☐ No

Occupational Licenses Completed:

Qualifications and Volunteer Experience

Please explain why you would like to serve on this particular board, committee, or commission.

I would like to serve on this board because I am deeply committed to advancing holistic wellness, equity, and transitional support services for African American communities in Contra Costa County. As a nonprofit leader and social work student, I have dedicated my career to creating trauma-informed spaces that uplift vulnerable populations, including the unhoused, individuals with disabilities, and those impacted by systemic inequities. Being part of bringing services to my own community is meaningful and central to the life work I have dedicated myself to. This is both a professional and personal mission to ensure that African American families have access to culturally responsive care, healing practices, and transitional supports that foster resilience and opportunity. I believe this board plays a vital role in bridging gaps in care and addressing long-standing disparities in physical, mental, and spiritual health. My background in trauma-informed yoga, Reiki, and meditation, along with my focus on social justice and community engagement, equips me to contribute both practical wellness expertise and a systems-level perspective. Serving on this board would allow me to collaborate with others who share the vision of strengthening access, healing, and equity for our community.

Describe your qualifications for this appointment. (NOTE: you may also include a copy of your resume with this application)

I am currently pursuing a degree in social work at Cal Poly Humboldt, where I am deepening my knowledge of systemic inequities, community wellness, and evidence-based approaches to supporting families on a clinical level. My education is built on a lifelong commitment to racial equity, which has guided both my personal and academic journey. From a young age, I have been striving to not only understand issues of justice and equity, but also to educate others and create dialogue that encourages awareness, compassion, and action. As part of this commitment, I served as a Social Justice and Ethnic Studies tutor at Los Medanos College. In this role, I supported students in understanding complex concepts, facilitated critical discussions, and fostered an environment where diverse voices and perspectives could be valued. In addition, I regularly host study group meetings that emphasize collaboration, peer learning, and shared responsibility in addressing social challenges. I also focus on decolonization in my practice and daily life, believing that this work is essential for bringing us back to our roots as a community. Decolonization, means honoring ancestral wisdom, reclaiming cultural practices, and resisting systems of oppression that divide us. I see this as a vital pathway to both personal healing and collective wellness. Together, my academic training, tutoring experience, dedication to racial equity, and decolonization practice qualify me to serve meaningfully on the African American Wellness Hub and Transitional Committee in Contra Costa County.

[Upload a Resume](#)

Would you like to be considered for appointment to other advisory bodies for which you may be qualified?

☒ Yes ☐ No

Do you have any obligations that might affect your attendance at scheduled meetings?

☐ Yes ☒ No

If Yes, please explain:

Are you currently or have you ever been appointed to a Contra Costa County advisory board?

☐ Yes ☒ No

If Yes, please list the Contra Costa County advisory board(s) on which you are currently serving:

If Yes, please also list the Contra Costa County advisory board(s) on which you have previously served:

List any volunteer or community experience, including any advisory boards on which you have served.

Conflict of Interest and Certification

Rachel R Corona

Do you have a familial or financial relationship with a member of the Board of Supervisors? (Please refer to the relationships listed under the "Important Information" section below or Resolution No. 2021/234)

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Do you have any financial relationships with the County such as grants, contracts, or other economic relationships?

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Please Agree with the Following Statement

I CERTIFY that the statements made by me in this application are true, complete, and correct to the best of my knowledge and belief, and are made in good faith. I acknowledge and undersand that all information in this application is publicly accessible. I understand that misstatements and/or omissions of material fact may cause forfeiture of my rights to serve on a board, committee, or commission in Contra Costa County.

☒ I Agree

Important Information

1. This application and any attachments you provide to it is a public document and is subject to the California Public Records Act (CA Government Code §6250-6270).
2. All members of appointed bodies are required to take the advisory body training provided by Contra Costa County.
3. Members of certain boards, commissions, and committees may be required to: (1) file a Statement of Economic Interest Form also known as a Form 700, and (2) complete the State Ethics Training Course as required by AB 1234.
4. Meetings may be held in various locations and some locations may not be accessible by public transportation.
5. Meeting dates and times are subject to change and may occur up to two (2) days per month.
6. Some boards, committees, or commissions may assign members to subcommittees or work groups which may require an additional commitment of time.
7. As indicated in Board Resolution 2021/234, a person will not be eligible for appointment if he/she is related to a Board of Supervisors' member in any of the following relationships:
 - (1) Mother, father, son, and daughter;
 - (2) Brother, sister, grandmother, grandfather, grandson, and granddaughter;
 - (3) Husband, wife, father-in-law, mother-in-law, son-in-law, daughter-in-law, stepson, and stepdaughter;
 - (4) Registered domestic partner, pursuant to California Family Code section 297;
 - (5) The relatives, as defined in 1 and 2 above, for a registered domestic partner;
 - (6) Any person with whom a Board Member shares a financial interest as defined in the Political Reform Act (Gov't Code §87103, Financial Interest), such as a business partner or business associate.

Rachel Ruth Corona

rentwood, CA |

Education

Los Medanos Community College | Spring 2024
Associate of Arts in Sociology with honors

GPA: 3.594

Cal Poly Humboldt | In Progress
Bachelor of Arts in Social Work

GPA: 4.0

Presidential Scholar
Phi Alpha Honor Society Member
Presidential Scholar

Relevant Coursework:

- Social Work Methods I & II
- Introduction to Social Work
- Diversity, Equity, and Social Justice Frameworks
- Human Behavior and the Social Environment
- Social Work Policy
- Human Behavior and the Social Environment – Dynamics of Groups, Agencies, and Organizations
- Social Agency Experience
- Social Work Field Preparation
- Advanced Practices: Trauma Informed Community Practice
- Grant Writing Social and Environmental Justice

Yoga Instructor

Various Locations, CA | July 2014 - Present

- Develop and lead sequenced trauma informed yoga classes, including Hatha, Vinyasa, Yin, Restorative, Hot, Aerial and Chair Yoga.
- Taught at multiple locations, including Yoga Six, Brentwood Yoga Center, In-Shape Family Fitness Brentwood and Summerset Community.
- Creates safe, inclusive spaces for students of all levels, integrating mindfulness and stress reduction practices.

Holistic Health Experience

Founder & Director

Pacific Coast Holistic Institute, Brentwood, CA | April 2023 – Present

- Founded a non-profit offering trauma-informed yoga, Reiki, and meditation to vulnerable populations, including seniors and unhoused individuals.
- Developed and led programs focused on mental health, emotional regulation, and trauma recovery.

- Built partnerships with community organizations to expand access to holistic services.
- Authored grant proposals to fund mobile wellness units designed to bring free, trauma-informed care to underserved neighborhoods.

Volunteer Tutor & Yoga Instructor
Step Up Tutoring | Remote | May 2025 – Present

- Provide one-on-one virtual high impact tutoring and mentorship to elementary and middle school students in under-resourced communities, focusing on both academic achievement and emotional well-being.
- Apply trauma-informed, student-centered teaching methods to build confidence, engagement, and self-regulation skills in young learners.
- Designed and taught a customized yoga and mindfulness class for Step Up's summer camp, supporting students' focus, emotional balance, and physical wellness.
- Align with Step Up's mission to combine technology, individualized support, and mentorship to close opportunity gaps and create equitable learning environments.

Social Justice & Academic Experience
Social Justice, Ethnic Studies, and General Tutor
Los Medanos Community College, Pittsburg, CA | August 2023 - May 2024

- Conducted tutoring for students in social justice and ethnic studies courses.
- Assisted students in understanding key concepts related to diversity, equity, and social justice.

Additional Certifications

- Trauma-Informed Early Childhood Education Certification
- Assistant Teacher in Early Childhood Education

Yoga & Wellness Certifications

- 200-Hour Hatha Yoga Instructor – Brentwood Yoga Center, Brentwood, CA
- 30 hour Trauma-Informed Yoga – Firefly Yoga International
- 40-Hour Trauma-Informed Yoga – Yoga Mu Institute
- 20-Hour Chair Yoga – Yoga Mu Institute
- 40-Hour Children's Yoga – Yoga Mu Institute
- Reiki Master/Teacher
- CPR & AED Certified
- 100-Hour Meditation (In Progress)
- 300-Hour Yoga Instructor (In Progress)
- Yoga Therapist (In Progress)

References

Kaylah Watson

Business Partner to the Chief of Business, Remitly



Sandra Mills

Center for Academic Support,

Los Medanos College, Pittsburg, CA | Local One/AFSCME Rep

