Partner Loryn Riggiola Leads "Law & Life" CLE and Wellness Program

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On March 31, 2025, Zetlin & De Chiara Partner Loryn Riggiola led an inaugural full-day CLE and wellness program, "Law & Life: It's All About Balance." In honor of Women's Month, this retreat focused on professional development, strategies to maintain well-being in the face of technological advances, and ensuring sustainability in a rapidly evolving legal environment. In addition to two Ethics-focused CLE panels, the program included yoga, meditation, and mindfulness sessions. The event was held at JaiPure Yoga and Jones Road Beauty in Montclair, NJ.

The event leaders included:

- Kara McCarthy Perry, J.D., a consultant, lawyer, adjunct professor, and well-being advocate and speaker. She is also a certified yoga and meditation teacher, as well as a laughter yoga leader.

- Loryn Riggiola, Esq., a Partner at Zetlin & De Chiara LLP representing clients from counseling through litigation and/or arbitration in disputes arising from construction projects and commercial matters. Loryn has been a yoga teacher for nearly 20years (E-RYT 500) and is the co-founder of JaiPure Yoga.

- Erica Salerno, Esq., a trial attorney for the New Jersey Office of the Public Defender. She represents clients, both detained and on pre-trial release, through all stages of the criminal legal process. Erica is also a certified yoga teacher.

The event guest speakers included:

- Galit Kierkut, Esq., a shareholder at Greenberg Traurig, LLP. She is a member of the Labor & Employment and Litigation Departments and Trade Secrets Team. She is a seasoned litigator and advisor to national and international clients in the biotech, fintech, pharmaceutical, financial services, hospitality, and health care industries.
- Nishat Ruiter, Esq., the General Counsel and Secretary of TED Conferences, a nonprofit organization that believes passionately in the power of ideas to change attitudes, lives, and, ultimately, the world.

ATTORNEYS

Loryn P. Riggiola