



Partner Loryn P. Riggiola Profiled in Super Lawyers Metro New York 2024

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Zetlin & De Chiara Partner Loryn P. Riggiola was profiled in *Super Lawyers 2024 New York Metro Magazine*. The profile highlights Ms. Riggiola as the Co-Founder and Owner of JaiPure Yoga, a yoga center located in Montclair, New Jersey. In addition to a diverse and active caseload, she actively teaches yoga and finds parallels in her yoga teaching to her practice as a construction litigator.

In the *Super Lawyers* profile titled "Good Foundations," Loryn Riggiola reflects on what it was like when she began teaching yoga shortly after taking it up 20 years ago. "A lot like you first court appearance." Says the construction and commercial litigation at Zetlin & De Chiara. "You feel a sense of responsibility. People are paying to take a class with you, and you want to make sure you do a good job. The transition from practicing yoga to teaching yoga actually forced me to be more disciplined about my own (yoga) practice. If you teach anything, you really need to learn it well." In the profile, Ms. Riggiola reflected on the connections between yoga and her construction law practice. "Just like any construction project, you need a good foundation from which to build. It has to be solid. That doesn't just have a rigidity where, if it's put under stress, it's going to snap. It has to have flexibility where it can take that stress and still hold it and still move forward. A strong yoga practice is the same way."

To read the full Super Lawyers profile, [click here](#).

ATTORNEYS

Loryn P. Raggiola