Sophia Flores holds a Bachelor's degree in Music Education and Saxophone Performance, as well as a Single Subject Music Teaching Credential, from Concordia University Irvine. She is currently pursuing a Master of Music in Saxophone Performance at the University of Southern California.

A highly regarded music educator in Southern California, Sophia served as the Choir Director at Light of Christ Lutheran Church, the Assistant Choir Director at Good Shepherd Lutheran Church, and as an Instrumental Coach at Crean Lutheran High School. She has also served as a student teacher in Orange County during the 2022-2023 school year, and has taught as a music/guest technician throughout California.

In the summers of 2021 and 2022, Sophia served as a Saxophone Fellow for the Lutheran Summer Music Camp, where she performed as a member of the woodwind faculty and taught private lessons, chamber ensembles, and masterclasses. Sophia also served as faculty at the Concordia University Irvine Chamber Music Camp for the summers of 2023 and 2024.