



# NORA DAY



## LUXURY WELLNESS & LIFESTYLE CONSULTANT

*Helping you look, feel, and live your absolute best.*

Nora Day is a luxury wellness and lifestyle consultant, yoga teacher, author, and entrepreneur dedicated to empowering others to transform their health, elevate their mindset, and create a life of vibrant well-being and abundance.

With over two decades of experience in wellness, movement, and holistic living, Nora blends ancient wisdom with modern science to guide clients toward lasting transformation and inner peace.

### ABOUT NORA

As a certified yoga instructor (E-RYT 500), meditation guide, and plant-based wellness expert, Nora's approach is both holistic and highly personalized. She believes true wellness is a lifestyle—one that nourishes the body, calms the mind, and awakens the soul.

Nora is the founder of Yoginora.com, an online wellness platform offering yoga classes, guided meditations, juicing recipes, and wellness challenges to inspire a balanced and abundant life.

She is also the author of four books on meditation, juicing, and cultivating a mindset of abundance and joy.



### SPEAKING ENGAGEMENTS

Nora is a sought-after speaker who inspires audiences worldwide with her uplifting message, practical tools, and heartfelt stories. Her talks empower people to prioritize their well-being, embrace positive change, and live with purpose.

*Inspiring audiences to look, feel, and live their absolute best.*



### MEDIA PERSONALITY

Nora is a media personality and wellness expert featured on television, podcasts, and digital platforms, where she shares her knowledge on yoga, nutrition, mindfulness, and living a vibrant life. Her warm, authentic presence connects and motivates audiences everywhere.

### AREAS OF EXPERTISE

- ✿ Yoga & Meditation
- ✿ Plant-Based Nutrition & Juicing
- ✿ Wellness & Lifestyle Coaching
- ✿ Weight Management
- ✿ Stress Relief & Mindset
- ✿ Longevity & Vitality
- ✿ Personal Growth & Abundance