

LUXURY WELLNESS & LIFESTYLE

# Nora Day

*Author · Speaker · Media Personality*

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MEDIA KIT

Nora@noradaylive.com

[noradaylive.com](http://noradaylive.com)



MEDIA • SPEAKING • PRESS

## Inspiring audiences to live their absolute best.

*Nora Day is a luxury wellness and lifestyle expert, author,  
speaker, and media personality inspiring audiences to look,  
feel, and live their absolute best.*

AS FEATURED IN

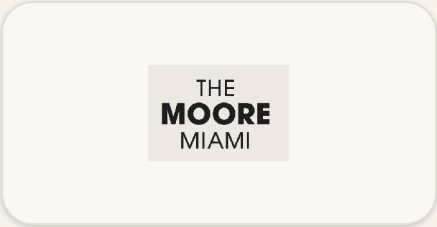
Trusted by leading media & brands

The Gaia logo is displayed in white text on a black rectangular background, which is centered within a white rounded rectangle.

Gaia

The text "FOOD MATTERS" is shown in a black, sans-serif font, centered within a white rounded rectangle.

FOOD MATTERS®

The logo for "THE MOORE MIAMI" features the words "THE MOORE" in a bold, black, sans-serif font above the word "MIAMI" in a smaller, black, sans-serif font, all contained within a white rounded rectangle.

THE  
MOORE  
MIAMI

The word "yogalife" is written in a lowercase, bold, purple, sans-serif font, centered within a white rounded rectangle.

yogalife

The logo features a large, bold, black letter 'R' above the words "ROCKRIDGE PRESS" in a smaller, black, sans-serif font, all contained within a white rounded rectangle.

R  
ROCKRIDGE  
PRESS

The words "THE GOOD CHOCOLATE" are written in a white, sans-serif font, with "THE GOOD" on the top line and "CHOCOLATE" on the bottom line, centered within a white rounded rectangle.

THE GOOD  
CHOCOLATE®

# On camera & on stage

*A curated collection of interviews, speaking engagements, TV segments and features.*



## Longevity Yoga

Yin Yang yoga for wellness, longevity, and living beautifully.



## Speaking Engagement

On stage — inspiring audiences to look, feel, and live their absolute best.



## Wellness Panel

Industry leaders discuss the connection between sports, wellness, and longevity.



## Meditation Feature

A guided moment of stillness for peace and wellbeing.

# Live Interview

## Better be GOOD

Episode #2

with guest Nora Day

"Yoga & Entrepreneurship"

Saturday April 2, 2pm PST / 5pm EST



NORA DAY  
NORADATLIVE.COM

BEN GLASS  
THE GOOD CHOCOLATE

Join us for a lively conversation about Entrepreneurship, Yoga, Nourishment, and Well-being.

Facebook LIVE YouTube



### Podcast Interview

An intimate conversation on purpose, mindfulness, and daily rituals.



PEOPLE MAKING  
A DIFFERENCE

HIPPOCRATES  
HEALTH INSTITUTE



### Healthy Living Segment

Nora hosts a segment on the rituals to elevate everyday wellness at the globally recognized Hippocrates Health Institute.

# In the pages of



YOGALIFE MAGAZINE

## Creating Space for Courage with Yogi Nora

*The way you do yoga is the way you live your life.  
Follow Nora's heart opening sequence.*

[Read More →](#)

FOOD MATTERS MAGAZINE

# Mindfulness as a Lifestyle

*From stretching as you age to better posture through yoga, Nora shares the practices that shape a purposeful, radiant life.*

[Read More: Better Posture Through Yoga →](#)

[Read More: Stretching As You Age →](#)



## A Year of Abundance

*"The bestselling author on cultivating abundance, meditation and juicing for a wellness sanctuary."*

SPEAKING TOPICS

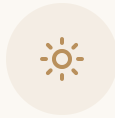
# Signature keynotes



Wellness & Longevity



Yoga & Meditation



Healthy Aging



Plant-Based Living



Corporate Wellness



Stress Management



Leadership Through Well-Being



Creating Healthy Daily Habits



Confidence & Personal Growth



Living with Purpose

## TESTIMONIALS

# Kind words

“

*Nora captivated our audience from the very first word. Her presence is calm, powerful, and utterly inspiring.*

---

Event Director

MIAMI BUSINESS CENTER

“

*One of the most requested guests we've ever hosted. Nora brings depth, warmth, and true expertise to every conversation.*

---

Podcast Host

BETTER BE GOOD  
PODCAST

“

*Nora elevated our brand campaign  
with authenticity and grace.*

---

Segment Director

HIPPOCRATES HEALTH  
INSTITUTE

”

*Our editorial feature with Nora  
was our best-performing story of  
the year. Readers adore her.*

---

Senior Editor

YOGALIFE MAGAZINE

BOOK NORA

Let's inspire  
your audience  
together.

*Nora Day is available for keynote presentations,  
conferences, wellness retreats, corporate events,  
podcast interviews, television appearances, print  
features, and brand partnerships.*

✉ [Nora@noradaylive.com](mailto:Nora@noradaylive.com)

[NoraDayLive.com](http://NoraDayLive.com)

[YogiNora.com](http://YogiNora.com)



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