

LUXURY WELLNESS & LIFESTYLE

Nora Day

Author · Speaker · Media Personality



MEDIA KIT

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noradaylive.com

DOWNLOAD PRESS PHOTOS, HEADSHOTS & BRAND ASSETS

noradaylive.com/media



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

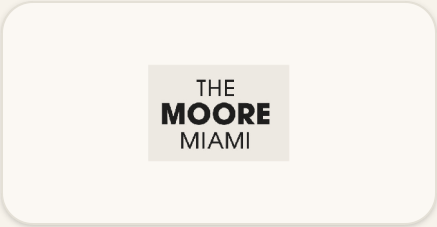
Trusted by leading media & brands

The Gaia logo is displayed in a white serif font 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 sans-serif font above the word "MIAMI" in a smaller sans-serif font, all contained within a light gray rectangular box centered in a white rounded rectangle.

THE
MOORE
MIAMI

The "yogalife" logo is written in a lowercase, bold, purple sans-serif font, centered within a light gray rectangular box inside a white rounded rectangle.

yogalife

The logo for Rockridge Press features a large, stylized "R" above the words "ROCKRIDGE PRESS" in a smaller sans-serif font, all contained within a white rounded rectangle.

R
ROCKRIDGE
PRESS

The text "THE GOOD CHOCOLATE" is displayed in a white, all-caps, sans-serif font on a black rectangular background, which is 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 —

The Michael Miller Podcast

An intimate conversation on wellness, 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

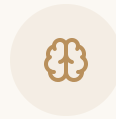
"The bestselling author on cultivating abundance, meditation and juicing for a wellness sanctuary."

SPEAKING TOPICS

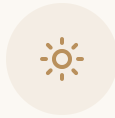
Signature keynotes



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

NoraDayLive.com

YogiNora.com



Book Nora



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