

LUXURY WELLNESS & LIFESTYLE

Nora Day

Author · Speaker · Media Personality



MEDIA KIT

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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

Gaia

FOOD MATTERS®

THE
MOORE
MIAMI



yogalife

R
ROCKRIDGE
PRESS

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

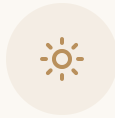
Signature keynotes



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

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