



## About Zenobia Ortis

Zenobia started studying yoga casually in 2007. In 2012 she took her first hot yoga class and became committed to the practice as a result of its therapeutic benefits. Finally, in 2022 she completed 3 yoga teacher trainings including a 200hr Hot Power Yoga and a 60-hour Yin Yoga training.

Zenobia says that through yoga, she learned to tune more deeply into her body to better manage her pain. Through the practice, she learned to give herself grace, and compassion, and to be honest with herself about wherever she was in her wellness journey.

Zenobia said, “I am able to tap into my highest self and through that interaction, I develop tools to navigate life. As a musician, I love adding an additional layer to my practice with carefully selected tunes chosen to elevate the intention. I look forward to sharing my love of yoga and music with you”!

Zenobia is so excited to work with the Yoga NoHo Center team of advanced instructors who really care about the wellbeing of others to make a difference in the world. Her knowledge, passion and deep wonderful soul will make you feel well taken care of throughout all her classes.