

Nicolas Diiorio

Nicolas started practicing yoga in 2012 to de-escalate the stress of college. After six years of practice, he decided to pursue his 200 and 300hr teacher trainings with special emphasis on anatomy and alignment.

His connection to yoga is very pragmatic. He believes in logical sequences, the science of practiced breathing techniques and healthy alignment based on any structural variations.

You will love his classes as he builds foundational shapes first, to prepare the body for more complex configurations. Nicolas has passion to inspire practices that ready the mind and body to receive the day, rather than encounter it.

Nicolas is very excited to be part of the Yoga NoHo Center team and enjoys being at a studio with years of experience and offers both hot and non-heated traditional yoga.

No matter if you are a beginner or an advanced practitioner, you will feel completely supported in each class.

Yoga NoHo Center
live, love, and inspire others!
