



## About Darby Orr

**Darby Orr** (E-RYT500, YACEP) is a Los Angeles-based yoga & meditation teacher, retreat leader, writer, and musician/composer. His yoga and meditation work emphasizes mindfulness and joy with a focus on maintaining a happy creative life.

There's laughter, sweat, and an eclectic mix of music to lift the spirit and impart a sense of balance both physically and mentally. His grounded, radically kind-hearted, and sometimes humorous approach to the yoga practice draws on his experiences as a father, husband, professional musician, and former business executive.

As a musician and producer in the Yoga Kirtan community, Darby can often be found playing music at yoga festivals across the US. He is continually inspired by his students and feels truly blessed to be a guide, partner and witness to their Yoga experience.

Darby is excited to be part of the Yoga NoHo Center team and is excited to collaborate on many workshops and events at the studio.

[www.darbyorr.com](http://www.darbyorr.com)