



Nour Elise

Firmly believing in yoga's ability to heal mind, body and soul, Nour Elise earned her 500hr Teacher Training at Yoga Vida, one of New York City's finest Vinyasa Yoga Teacher Training programs.

Nour Elise's passion for music is evident in her classes, and her flow aims to create an experience that allows for a balance of the masculine and feminine energies. On one hand, you will work on building endurance and strength through a fast and powerful flow. On the other hand, you will enjoy a dance-like and creative flow that ends in deep relaxation.