

Be the Best Version of Yourself at Niyama Yoga Shala

By Teresa Sellinger

Photos submitted by Nicole Zornitzer



Yoga and alternative methods of healing have been instrumental throughout Niyama Yoga Shala owner Nicole Zornitzer’s entire life, bringing her wellness physically, mentally and emotionally. That’s why Niyama Yoga Shala is not just her business—it’s her passion.

Nicole started Niyama Yoga Shala in 2007, opened Randolph Shala in December 2019, Sparta Shala in September 2020, Delray Beach Shala in March 2021, and will open a fourth location this fall in Roseland, New Jersey.

“Our philosophy is based on the art of self-study, otherwise known as ‘Svadhyaaya’ in Sanskrit,” Nicole explains. “Niyama Yoga Shala encourages everyone to do the work to become

the best versions of themselves, working within the realm of what is reasonably accessible for the individual. We also believe in our staff doing their own self-care, advanced training, continual education and growth to be role models for our community.”

Niyama Yoga Shala offers many styles of yoga including therapeutic yoga, vinyasa flow, yin yoga, yoga nidra, hatha yoga, and power yoga (both heated and non-heated). Additionally, they have the only Iyengar rope wall in New Jersey and offer a special program for it: Wonder Wall. They also offer Barre Fusion classes, personal training and Total Body Resistance (TRX) training.



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“Outside of yoga, we offer Ayurvedic counseling, integral sound therapy, crystal therapy, Reiki energy healing and chakra balancing,” Nicole adds. “We offer four to five retreats each year, group sound baths, RYT 200 & 300 therapeutic yoga teacher training, reiki training, Yin Yoga teacher training and a multitude of workshops each month focusing on specific target markets.”

Niyama Yoga Shala sees clients privately or in group settings and hosts corporate events both on site and off site.

“We host many styles of parties, including bachelorette parties and pre-wedding yoga. We’ll help clients create a unique experience depending on their desires.”

Nicole firmly believes yoga should be available to all body types and all humans, stating: “We take pride in making our teaching styles accessible to all ages and abilities. Therapeutic yoga, our core, allows us all to work within our bodies to achieve the maximum benefits of yoga and meditation.”



She infuses ‘dharma talk’ into her blogs and all her classes, meaning she creates a message or story that provides further purpose.

“I enjoy sharing struggles I have been through, sharing how I used my knowledge in wellness to come out of sometimes-difficult situations. I truly enjoy helping people become healthy and happy.”

Nicole’s passion for Niyama Yoga Shala is exceeded only by her passion for her family.

“I’m the mother of two amazing children, Jared and Larissa, and a stepmother to two fabulous twins, Matthew and Mia,” she shares. “I believe that if I can wake up each day healthy, motivated, balanced and able to take on every challenge presented to me, I will in turn teach my children to do the same.”

Nicole is “married to a man who supports my passion for yoga and wellness and always encourages me to charge forward and follow my dreams.”

Her family also includes three Havanese dogs, Steel, Coda and Monte, who are “the loves of my world.”

Ready to discover your passion for yoga and alternative methods of healing? Niyama Yoga Shala welcomes all new members with two specials: three classes for \$30, or a one-month unlimited membership for \$70.

“Come meet us,” Nicole beckons. “The more people I can share my passion with, the better!”

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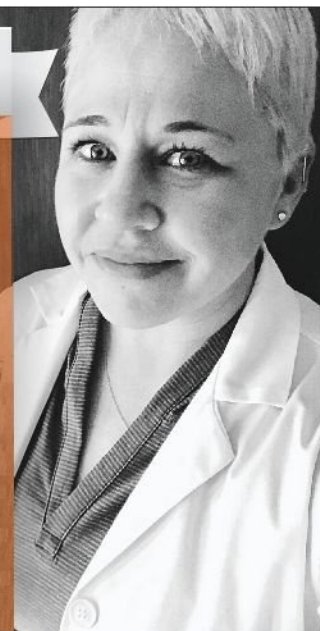
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