

Aenora Tawaji (she/they) was born in New York to immigrants from Lebanon and France. She graduated from CUNY Queens College with a double major in Psychology and Sociology. Aenora began her life in North Lake Tahoe Fall of 2017. Having been homeless for a year in 2016, she created Heart Reach in 2019, which ran a weekly distribution of meals, hygiene, and sparkle bags (a mix of art supplies and joyful things) for our unhoused Reno community. As NTTHS Outreach Coordinator, Aenora spends her days supporting and meeting folks where they are physically, mentally, spiritually while acting as a liaison to community resources. She is passionate about empowering people and communities in achieving their goals. Aenora studies and practices Kundalini yoga, which supports her cultivation of compassion, wholeheartedness, and loving-kindness throughout her journey. She is deepening her personal practice and teaching through the Mindfulness Meditation Teacher Training with Tara Brach and Jack Kornfield, completing in 2025. Aenora loves to hike, dance, ski and to pause to connect.