



# PAUL WRIGHTSON

Yoga Teacher and Re-Balance Coach

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## ABOUT ME

As a life coach, certified yoga instructor, motivational speaker, and personal development expert, Paul founded Live Fully Now to inspire & guide individuals to live life to the fullest.

## SPEAKING TOPICS

- Yoga & Stress Management
- Men's Mental Health
- Mindfulness & Self Love
- Emotional Intelligence

## DEMOGRAPHICS AUDIENCE

2500+

Audience

45%

Email Engagement

 59.90%

Women

 40.10%

Male



18-24

25-34

34-44

45-54



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