

PAUL WRIGHTSON

Yoga Teacher and Re-Balance Coach

www.livefully-now.com

hello@livefullynow.com.au

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+

45%

Audience

Email Engagement

59.90
Women





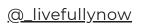
18-24 25-34 34-44





@livefullynow01







@paulwrightson