

One-Pager for Project Kirsten Kareus

Elevator Pitch: I will be creating a health & wellness blog to better your mind, body & soul.

Long Description: This blog is designed to inspire people by practice and to help each other to live the healthiest, happiest life possible. Targeted at yogis all over the world, I want to have an atmosphere of sharing health & wellness tips and tricks. Posting anything from sequences of morning yoga, to intense hot yoga practices, as well as sharing healthy, unique recipes for a healthier being. Yogis are like-minded individuals that offer wisdom, share their advice and grow together. Yogis are one big happy yoga family and this blog will be a great resource for growth and opportunity.